

# Maywood Fine Arts

# THE AMAZING RACE

The race for a healthy family starts now

## Welcome to the Amazing Race

As we start up a new year at Maywood Fine Arts, we would like to challenge you to participate in The Amazing Race. Much like the TV show, you will receive monthly riddles in this newsletter that direct you to locations around Maywood. Once you have cracked the puzzle, take a picture of your party at the secret location and post it in either one of our Facebook pages: "Maywood Fine Arts Association" or "Stairway of the Stars." You will then be eligible to receive a \$25 gift card.

Along the way, pay special attention to our Amazing Race-themed fun facts and additional challenges. Our hope is that this race serves as a fun and healthy activity for you and your family!

## CLUE NUMBER ONE

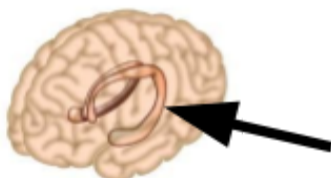


There is a place we go for a walk

The children play and we can talk

You may even hear a dog bark

The place you seek is in the . . .



Hippocampus



## PIT STOP

The hippocampus is one of the most interesting parts of your brain. Its job is to help you navigate from place to place, essentially creating a map of everywhere you have been. Without it, you would get lost wherever you went!



### **Recruit Volunteers**

Invite friends and family on your amazing race. If you win you might see you and your party here next week!



### **FLiP Program**

The second year of the Family-Based Lifestyle Intervention Program will be beginning September 15th, with ongoing enrollment all year. The goal of the program is to improve the physical health of Maywood families by offering weekly lessons on nutrition and physical health at MFA. Training will be delivered by faculty and students from Loyola's Lakeshore Exercise Science program and volunteers from Loyola's Center for Fitness.

Further information regarding enrollment will be available shortly.

## Berry Smoothie

Strawberries  
Blueberries  
Banana  
Spinach  
Coconut water

Blend ingredients together and enjoy! Berries have antioxidants and spinach contains nitrates, both of which are great for lowering blood pressure!



## Community Events

**September 6th**

**National Read a Book Day!**

Curl up at home or outside and read your favorite book!

**September 8th**

**First Day of MFA Classes**

**September 22nd**

**Monthly Fun Night, 1:30am-2:30pm**

Come bring the kids for an hour of open gym at MFA

**September 22nd**

**Brookfield Fine Arts Festival**

**9am-4pm, Kiwanis Park**

In addition to the art show, guests will enjoy live music, craft beer, family-friendly crafting activities, and more. Admission and parking is **free**

## Managing Hypertension

Blood pressure is the force exerted upon the walls of the blood vessels. Hypertension, or high blood pressure, is a chronic disease that affects over 85 million people nationwide. Although the cause is commonly unknown, it can be managed via lifestyle changes or medications designed to lower your blood pressure. We care about hypertension because it puts you at increased risk for developing other heart problems including stroke and heart attack.

Lifestyle changes include regular exercise, reducing stress if possible, and switching to a low sodium (salt) diet. For those of us over the age of 40, it is recommended that we have our blood pressure checked yearly. Luckily, the FLIP program offers free screenings ever **Saturday morning from 9 am to 11:30 am at the MFA Center**. No appointment needed. We are looking forward to seeing you there!



**BLOOD PRESSURE**