



Inspire: The Cartoon



Celebrating 75 years of Peanuts!

In honor of the Peanuts cartoon's 75th anniversary, a mural will be placed in the Children's Health Center! Stop by to see the new mural once it is completed in the next few months!

Obstacle Course - Add your own twists!

Turn your yard or sidewalk into an exciting obstacle course! Use rocks, draw lines in the dirt, or grab some chalk to mark your path. At each stop or lines in your obstacle course, add a challenge, like 10 jumping jacks, 10 squats, or a toe-touch stretch, before moving on to the next part of the course. It's a great way to get moving and fun as a family!

ATTENTION!!! QUICK REMINDER

If your child has been sick or showing signs of illness on the day of their appointment, we'll need to reschedule for another time and that appointment will not take place. With flu season here, it's important to keep everyone safe and healthy. Please give us a call to set up a new date. We'll be happy to help!



Start your writing journey...

Beginning to write can feel overwhelming, but don't worry, you're not alone! Start small, grab something to write with and let your ideas flow. And remember, it's okay to start over (and over... and over again!). This fall, encourage those around you to write or say something they're grateful for. You might be surprised what tumbles out!



Health benefits of eating a carrot

Carrots aren't just crunchy and delicious, they're packed with nutrition, too! These root veggies are a great source of fiber, potassium and antioxidants. Eating carrots can help lower cholesterol and even support healthy eyes. So next time you need a snack, grab a carrot and give your body a tasty boost.



Dilled Fish Fillets

Ingredients:

- 1 lb fresh cod fillets or haddock fillets
- 1 tbsp fresh lemon juice
- 1 pinch dried dill weed
- 1 pinch salt
- 1 pinch black pepper

Directions:

1. Thaw frozen fish in refrigerator overnight or thaw in microwave oven.
2. Separate into 4 fillets or pieces.
3. **To prepare in microwave:** Place fish in a glass-baking dish. Cover with wax paper.
4. Cook at "medium" power in the microwave for 3 minutes. Remove cover, turn fish over, and sprinkle with lemon juice and seasonings.
5. Cover and continue cooking at "medium" power for 3 minutes or until fish flakes with a fork.
6. **To prepare on stovetop:** Place fish in heated fry pan with olive oil drizzled. Sprinkle with lemon juice and seasonings.
7. Cover and cook over moderate heat until fish flakes when testing with a fork, about 5 minutes.

Jumping into a leaf pile feels like diving into a crunchy cloud of autumn **MAGIC!**



FALL SEASON CHECKLIST

What fall seasonal foods have you eaten the past month?

- | | |
|---|---|
| <input type="checkbox"/> Butternut squash | <input type="checkbox"/> Pumpkins |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Cranberries |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Spaghetti squash |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Apples | <input type="checkbox"/> Beets |



Shadowlands

The rule is simple: you can only walk on the shadowy parts of the ground. Try it by yourself or invite friends to join in. It's a great way to get moving, use your imagination and enjoy the outdoors.

PUMPKIN WALK AT THE ARBORETUM

DATE: SATURDAY, OCT. 25

TIME: 4 - 8 PM

LOCATION:

THE ARBORETUM AT FLAGSTAFF
4001 S. WOODY MOUNTAIN RD.

PRICE:

\$19 FOR NON-MEMBER, AGES 18+

\$8 FOR AGES 5-17

THERE WILL BE FOOD TRUCKS, KIDS
ACTIVITIES, MUSIC AND
HUNDREDS OF LIT PUMPKINS



For scheduling or questions,
please contact us:
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