



# *#BAHAFit*

Volume 1, Issue 2  
www.bahadeltas.org  
December 2015

## **Welcome**

Happy Holidays from the #BAHAFit healthy living blog. ! This blog is brought to you by the members of the Physical and Mental Health Committee of the Bay Area Houston Alumnae Chapter of Delta Sigma Theta, Inc. As we are in the midst of this Holiday Season let us remember to stay focused on our mind, body and spirit.



## Health Topic of the Month

The holiday season is a busy time on our lives. We are focused on completing projects, gift shipping, party planning, travel, etc. Sometimes we get so busy we lose focus on some of the most important aspects of the season, celebration, renewal, spending time with loved ones, or reaching out to those in need. This is also a time to pay special attention to your health and the wellbeing of those you love.



[Click here](#) to learn more Holiday Health and Safety Tips from the CDC

## Healthy Living Spotlight

This month's spotlight is on Monica Jackson. Ms. Jackson is a member of the Bay Area Houston Alumnae Chapter of Delta Sigma Theta, Inc. She is currently a Licensed Professional Counselor and Certified Rehabilitation Counselor for the state of Texas additionally she is currently in private practice. She offers some excellent advice on mental health issues impacting our community and additional tips on managing stress during the holidays.



[Click here to read her healthy living journey.](#)

## Healthy Recipe of the Month

### Low Fat Chocolate Chip Cookies

Holiday season means lots of cookies. Here is a great low fat cookie recipe to try.



[Click here to get the full recipe](#)

## **Dates to Remember**

2/5/2015 BAHA Go Red ZumbaFusion Event, Friendswood Community Center

4/16/2015 Sisters Network 7<sup>th</sup> Annual Stop the Silence Walk