

APRIL 2022



National Garden Month



Employee EAP

Employees who feel anxious or need counseling during this time are encouraged to utilize our Employee Assistance Program for telehealth. For more information please visit riveroakshealth.org.

National Peach Cobbler Day
April 13th

12 fresh peaches
1 cup water
1 cup white sugar
½ teaspoon cinnamon
18.25 ounces white cake mix
8 ounces cream cheese
½ cup butter

Preheat oven to 350 degrees
Spread peach slices evenly into 9x13 in baking dish
Combine water and sugar in a small bowl, then pour mixture over peaches
Sprinkle cinnamon over peach slices, followed by dry cake mix. Top with cream cheese and butter.
Bake for 45 minutes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
Outdoor gardening can help your body fight disease		Utilize EAP's Telehealth option if you are anxious!		Gardening builds strength, promotes sleep, and helps you maintain a healthy weight		World Autism Awareness Day 
3	4	5	6	7	8	9
National Library Week 	Nutrition Tip: Check your blood pressure regularly		Gardening can help you manage anxiety	Health Day 	Nutrition Tip: Consume less salt and sugar	
10	11	12	13	14	15	16
	Gardening can help protect your memory as you get older		Nutrition Tip: Reduce intake of harmful fats	International Moment of Laughter Day 		Gardening is a mood booster
17	18	19	20	21	22	23
Easter 	Tax Day	Nutrition Tip: Don't smoke or quit smoking	Gardening is an effective tool if you're recovering from addiction		Earth Day 	
24	25	26	27	28	29	30
	Family and community gardens foster feelings of connection		Administrative Professionals Day	World Day for Safety and Health at Work		Gardening can give you a sense of empowerment