

November

2019

Harlem Wellness Center

Community. Healing. Growth

Antioxidants!

Your foods are certain colours for a reason! Foods such as berries are high in antioxidants, which are good for your heart health and may also help to lower your risk of infections and some forms of cancer. Increase your antioxidant intake by eating more nuts, seeds, legumes, fruits, and vegetables



**Locations:
214 W. 114th St. * 318 W. 118th St.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 6:00pm Hip Hop kids 114th St. Yoga 6:15pm 118th St.	5 6:30-7:30pm Meditation 114th St.	6 9:30 am yoga (114th) 6:00 pm Zumba (114th St.)	7 11:00 am Chair Fitness (114th) 6:30pm Yoga (114th)	8	9 9:30 am Yoga (114th.) 11:00 am Yoga (114th)
10	11 6:00pm Hip Hop kids 114th St. Yoga 6:15pm 118th St.	12	13 9:30 am yoga (114th) 6:00 pm Zumba (114th St.)	14 11:00 am Chair Fitness (114th) 6:30pm Yoga (114th)	15	16 9:30 am Yoga (114th.) 11:00 am Yoga (114th)
17	18 6:00pm Hip Hop kids 114th St. Yoga 6:15pm 118th St.	19	20 9:30 am yoga (114th) 6:00 pm Zumba (114th St.)	21 11:00 am Chair Fitness (114th) 6:30pm Yoga (114th)	22	23 9:30 am Yoga (114th.) 11:00 am Yoga (114th)
24	25 6:00pm Hip Hop kids 114th St. Yoga 6:15pm 118th St.	26	27 114th St. Closed	28 Happy Thanksgiving	29	30 9:30 am Yoga (114th.) 11:00 am Yoga (114th)

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Healthy Jam !

Ingredients:

- 2 1/4 cups quartered frozen strawberries (*I like to freeze fresh, ripe strawberries when they're in season*)
- 1 - 3 tablespoons honey (*or coconut nectar, maple syrup, agave nectar, etc.*)
- 2 1/2 tablespoons chia seeds

Step 1

Place frozen strawberries and 1 tablespoon of sweetener in a medium-sized pot over medium heat.

Step 2

As the strawberries start to thaw, mash them with a fork or the back of a spoon and bring the mixture to a simmer.

Step 3

Reduce heat to maintain a simmer for about 8 minutes, stirring frequently, until the strawberries are fully broken down and starting to thicken.

Step 4

Add the chia seeds to the pot and bring to a simmer, stirring constantly for 2 minutes.

Step 5

Remove from the heat and pour into a glass jar. Let cool on the counter for at least 30 minutes, then place in the fridge until completely chilled. Seal the jar with a tight-fitting lid after the jam is fully chilled.

Special Events

Meditation
Tuesday November 5th
214 West 114th St.

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You're invited to pause with us during this political season and just before the holidays

Top 12 Vitamin C Foods

SkinKissable.com



1. Rosehip



2. Strawberries



3. Guava



4. Bell Peppers



5. Parsley



6. Papaya



7. Broccoli



8. Citrus Fruits



9. Kale



10. Brussel Sprouts



11. Pineapple



12. Kiwi