

MIND	
Activity	Max/Day
Support others through volunteering or offering acts of kindness	2
Be kind to yourself ; engage in self-care activities: massage, facial, etc.	2
Invite a friend or neighbour to join you for a home cooked dinner.	2
Practice relaxation activities: deep breathing exercises; no electronics one hour before bed	2
Share healthy recipes with a friend	1 max 3
Share healthy lifestyle information with friends	1
Enrol and take a new course 1 pt for enrolling 1 pt for each hour of study	3
Recycle as per municipal requirements	1
Do a daily puzzle (i.e., sudoku, Wordle; your choice). 1 point per puzzle	2
Recite the days of the week or months of the year, backwards.	1
Count backwards from 100 by 7's	1
Play a musical instrument you haven't played in a long time	2
Practice playing an instrument	2
Sing a song that brings you joy	2
Your own creative idea	?

MIND: Feeling & Healing Guest speaker, **Sandra McGregor**, Gestalt Psychotherapist, **Wednesday May 8th** 2-3 pm in the Chapel

BODY	
Activity	Max/Day
EXERCISE of any kind for increments of 15 minutes. 1 pt for each 15 min The exercise should be tailored to individual needs and based on doctor's recommendations. *Double pts if you require assistance with physical activities	4
Use sunscreen in the morning	2
Engage in gardening, yoga, art, or other mind-body activities	2
SEARCH on line or in your cookbooks for healthy recipes . MAKE IT and ENJOY 1 pt/recipe	3
Eat healthily by incorporating 7 servings of fruits or vegetables for females, 8 servings for males or incorporating any one of the Guidelines of the Canada Family Food Guide (sent electronically to participants) into your diet daily Note: 1 pt for each meal where you follow Canada's Food Guide	1 pt / meal Max 3 pts
Choose a day free of one vice , such as soda or chips	2
Read labels on the foods you eat and choose wisely.	1
Your own creative idea	?

BODY: Chair Yoga @ St. Peter's. Presented by **Eric Mejorado**, YMCA Cobourg. Limited to 20 participants. **Monday, May 13th**. 1-2 pm



The Church of St. Peter, Cobourg

EVERY DAY in MAY

A program to enhance a
Healthy MIND, BODY, and SPIRIT

Wednesday May 1 to Friday May 31, 2024

SPIRIT	
Activity	Max/Day
Begin and end each day with a morning prayer, intention, or meditation one star maximum.	1 *
Develop a gratitude journal – 3 points for starting a journal; then 2 pts/entry	3
Attend a church sponsored educational opportunity or discussion group. 1 pt for registering; 2 points for attending	3
Help to clean the grounds of a public area such as church, or playground	3
Strike up a conversation with someone you don't know (the cashier at the market)	2
Tell a friend how much you appreciate/value their friendship	2
Play with a child ... (share a colouring book)	2
Randomly smile at people (not a weird or awkward smile) while shopping and count how many people smile back.	2
Memorize a new verse of scripture for your weekly meditation.	3



SPIRIT: A Musician's Journey, presented by **Syd Birrell**, St. Peter's Musical Director. **Thursday May 30th 2-3pm**

Tracking and Reporting your POINTS

Record your daily points on the **Every Day in May Calendar**.

At the end of each week in May, calculate how many points you earned and e-mail your score to the Parish Nurse or inform the church office.

You can also record your points on a slip of paper with your name and pseudo name and place in a box in the front hall.

Registration begins: April 21, 2024

How to register...

email parishnurse@stpeterscobourg.org

or

phone the office (905) 372-3442