




CULTURE CLUB

STRONGER TOGETHER



NUTRITION

By Nutritionist, Rewina Tsegay

Happy New Year LVUL family. With the new year, comes new goals and aspirations. It gives us time to think and set our personal and professional goals. You can tackle your New Year goal by categorizing your goals into areas such as career, health, relationships, personal development, and hobbies. Also, using the SMART goal, Specific, Measurable, Achievable, Relevant, and Time-bound. Remember to prioritize and focus on a few goals at a time, to avoid spreading yourself thin and losing motivation. As we kick off the new year, it's also crucial you make your annual checkups. Regular health checkups play a crucial role in preventing and managing potential health issues. They provide an opportunity for your healthcare provider to assess your overall health, discuss any concerns or questions you may have, and catch potential problems early. Remember, a healthy you contributes to a thriving community. For more information visit WICLV.org.

GET IN THE KNOW:

NUTRITION EDUCATION

01

BREASTFEEDING PROGRAM

02

COMMUNITY SPOTLIGHT

03

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BREASTFEEDING PROGRAM

By Semaj Bruce, IBCLC

We hope all is well with your New Year! The Las Vegas Urban League WIC staff Thank you. Have you heard of our Podcast? The Las Vegas Urban League WIC Culture Club! Find us on YouTube, and don't forget to like and subscribe. We hope the information we share is helpful and supportive to the needs of your family.

Here are some highlights of last year's episodes:

We discussed calcium and the many ways we can incorporate it into our daily eating habits. We also shared how calcium, in human milk, nourishes our little ones and how a lactating person can increase their calcium intake. We covered eating healthy on a budget and how providing human milk also saves money.

We introduced you all to our Breastfeeding team of Peer counselors and the variety of celebratory weeks within World Breastfeeding Month.

We learn about skin care. How to nurture and take care of the largest organ of the human body. Also, how human milk aids in the nurturing of skin and in some cases, be a major property within the healing factors of skin irritation.

We covered some sensitive areas such as pregnancy and infant loss and breast cancer awareness. Men and women are encouraged to do daily self-exams and get regular and/or annual mammograms.

We discussed ways to eat healthy during the holidays and how to stay fit with all the extra eating. We realize Holidays aren't always a joyous moment for everyone, so we shared some resources that our community could use for support like how to manage postpartum depression and suicide prevention.

Today we learned about reaching health goals for the new year.

So, Culture Club friends, if your program helps our community and you'd like to be a guest or if there are topics, you'd like us to speak more about this year, we welcome your input and suggestions. Please contact us at WICLV.org or message us on our social media platforms, Instagram, Facebook, TickTok and YouTube. Don't forget to like and subscribe to be notified of new postings. From our WIC family to yours, we wish you and your family a happy New Year! Tune in to the next Las Vegas Urban League WIC Culture Club Podcast!

For more information about the Las Vegas Urban League WIC visit us at www.WICLV.org or call either of our offices at 702-476-9561 or 702-227-1573

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COMMUNITY SPOTLIGHT

Three Square

The mission is to provide wholesome food to hungry people, while passionately pursuing a hunger-free community. Three Square works with a service network of community partners (this includes nonprofit and faith-based organizations, schools and after school and feeding sites) in our community to reach struggling individuals and families at risk of hunger.

During their 2021–2022 fiscal year, they distributed more than 42 million meals, the equivalent of more than 51 million pounds of food and grocery product, through our community partners.

Many have joined our fight to end hunger, including the gaming industry, local businesses, non-profit agencies, food distributors, higher education institutions, the Clark County School District, government entities, the media and thousands of volunteers and donors.

The Vision is simple: No one in our community should be hungry.

If you'd like more information on how to help Three square or more about how they help the community, visit www.Threesquare.org



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2. fax:

(833) 256-1665 or (202) 690-7442; or

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