



IVES COMMUNITY WELLNESS NEWSLETTER



GET OUTSIDE



Seven Bridges Trail

Level: Easy

Dog Friendly: On leash

Hiking time: About 1 hour round trip, trail is an out-and-back

Directions/Website:

<https://www.alltrails.com/trail/us/colorado/seven-bridges-trail>



MENTAL HEALTH TIP



Have a Good Laugh

Did you know that laughter can help boost your mental health, immunity and more? So watch a funny movie or play a silly game. It will do more than help make great memories, it will also improve your mental health.



PHYSICAL HEALTH TIP



Just Dance

Clear some space, put on some music and take a dance break! Let each person take a turn as DJ so everyone's favorites get played. Being active doesn't have to be boring so go have fun!!

Healthy Holiday Butternut Squash Soup



Ingredients:

- 1 Large onion
- 3 Cloves of garlic
- 1 Honeycrisp apple - other varieties will work but this is my favorite
- 4 Cups chicken broth
- 1 Butternut squash peeled and seeded
- ½ Cup coconut milk or regular milk
- ¼ Teaspoon nutmeg
- Salt and pepper to taste

Directions:

Peel and seed a butternut squash and dice it into cubes. Dice the onion, cored apple, and three cloves of garlic and disperse into a baking pan with the butternut squash. Bake at 350 degrees for 40 minutes or until soft. Pour half the chicken broth into a blender first, then add half the roasted veggie mixture and blend until smooth. Gradually blend in half the coconut milk or milk. Add nutmeg, and salt and pepper and pour into a pot. Repeat with the second half of the ingredients, and stir into pot.

Bring soup to a boil, lower heat, cover, and simmer for 15 minutes. Garnish with chives or parsley and enjoy!