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HEALTH AMBASSADORS LAUNCH A NEW SEASON

Women's wellness program launches The Recipe Corner



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Martin County, FL – The Women and Wellness Health Ambassador program in partnership with the KinDoo Family Center in Indiantown is kicking off a new season with renewed energy and nutritious recipes.

The wellness program based at the KinDoo Center and led by DOH nurse program specialist and certified diabetes educator Marybeth Peña, educates, empowers and supports women in their journey to improve their health and reduce their risk for chronic disease. The program, now in its fifth year, supports the *Healthiest Weight Florida* and the *5-2-1-0 Let's Go!* initiative which educates children and adults on healthy eating and active living.

“Due to COVID-19, we adapted how we deliver classes.” said Peña. “Instead of in-person cooking classes, students are receiving boxes with all the needed ingredients for our weekly recipe and make the meals at home. Most importantly, our focus remains the same to improve lives, enhance leadership skills and make our community healthier.”

Recipes created as part of the Health Ambassador program are available online and will be updated through the program year. The plant-based recipes feature cost effective meals that are high in fiber and rich in fruits and vegetables to support a healthy immune system.

Fresh produce is provided by partnering agency, House of Hope and the Indiantown community garden.

Link to recipes: <http://martin.floridahealth.gov/programs-and-services/wellness-programs/RecipeCorner/index.html>

The KinDoo Center, led by Sister Mary Dooley SSND and Sister Kate Kinnally SSND, empowers families with skills to help them achieve a better life. Learn more: <http://www.kindoofamilycenter.org/>

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