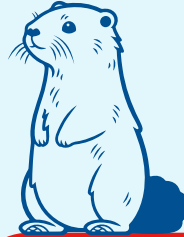


Health & Wellness



by OHG



Happy Canada Day!



July festivities hosted from **9 am to 10:15 pm** at **LeBreton Flats Park** including:

- **12 pm to 1:15 pm** Daytime ceremony
- **8 pm to 10 pm** Canadian artists performing in the evening show; and
- **10 pm to 10:15 pm** Tim Hortons Canada Day Fireworks at the end of the evening



Additionally, from **12pm to 4pm** at **Laval Street pedestrian precinct**, there will be an event **free** of charge to the public — including games, face painting, and a DJ!



HYDRATION



Symptoms of Dehydration

- Headache
- Lightheadedness
- Dry mouth and lips
- Extreme thirst
- Confusion
- Fatigue
- Muscle cramps
- Less frequent urination
- Increased heart rate

Humans require adequate hydration for good health and healing; Just like plants!

Dehydration is linked to a multitude of conditions from headache to heart disease!

Alcohol and caffeine leach water from your body. Increase your fluid intake when you choose to indulge.

Strive to replenish water with a small drink every 15 minutes during exercise.

“Electrolyte replacement” drinks contain more sugar than electrolytes and are generally unnecessary.



UNPLUG THIS SUMMER!



Engineered to addict, devices distract people from the joys of daily life.



Staring down at your cellphone places additional stress on your neck, shoulders, and upper back causing pain with repetitive use.

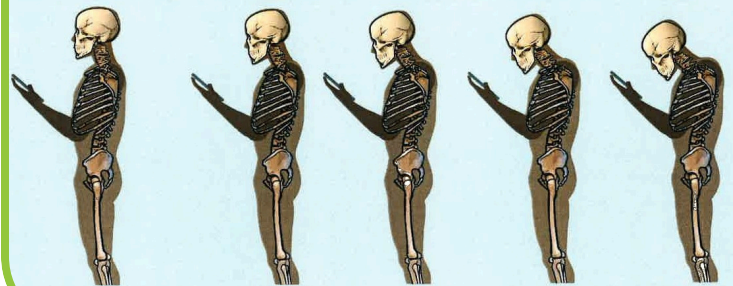
For every inch that your head tilts forward, your spine undergoes approximately 10 additional pounds of strain.

Be mindful of your posture while using your tech devices. Ideally, the center of your screen should be at eye level when holding your head upright.

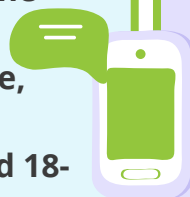
Constantly multitasking, we indulge in unhealthy habits more but enjoy them less, caught in a loop of endlessly unsatisfying consumption.

Built to connect friends and family, social media has the opposite effect — with influencer-dominated feeds fueling comparison and low self-esteem.

0 Degrees 10-12 lbs 15 Degrees 27 lbs 30 Degrees 40 lbs 45 Degrees 49 lbs 60 Degrees 60 lbs



- In 2022, Canadian adults were averaging 6.5 hours online every day.
- Teens average 4.5 hours of smartphone use and 237 notifications daily.
- According to the Pew Research Centre, smartphone ownership is up to approximately 98% in Canadians aged 18-29, 95% in Canadians aged 30-49, and 72% of those in the 50-plus age group.



Taking back free time, people of all ages gain more time to play. The confluence of playfulness, connection, and flow yields significant mental and physical benefits!

Lowering cortisol, blood pressure, and depression risk, leisurely fun is key to well-being. Unlike digital dopamine, IRL activities promise lasting satisfaction.

Hoping to escape downsides, health-conscious consumers are logging off.



Healthier Nanaimo Bars



Yield: 16 bars

Total Cook Time: 20-30 minutes

Ingredients



Bottom Layer

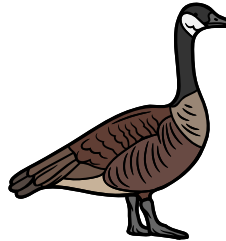
- 1/4 cup coconut oil
- 1/4 cup sugar
- 5 tbsp unsweetened cocoa powder
- 1 egg, beaten
- 1 1/4 cup graham cracker crumbs
- 1/3 cup almonds, finely chopped

Middle Layer

- 1 cup non-fat Greek yogurt
- 30+ drops stevia OR 30+ grams sugar, (to taste)
- 3 tbsp plain custard powder (author suggests Bird's custard powder)
- 1 tsp vanilla extract
- 2 tbsp icing sugar

Top Layer

- 1/2 cup semi-sweet chocolate chips
- 2 tbsp butter or coconut oil



1. In a small saucepan, melt together 1/4 cup coconut oil, sugar, and cocoa powder until hot (NOT boiling). Set aside for a few minutes.
2. In a medium-sized bowl, mix together graham cracker crumbs, chopped almonds, and coconut.
3. Beat the egg with a fork in a small bowl and add slowly add it to the hot coconut oil/sugar/cocoa mixture, whisking continually.
4. Drizzle the chocolate mixture over the crumb mixture and mix until fully combined. (Clean hands work best for this step.)
5. Spray an 8x8 pan with oil and press the crumb mixture evenly across the bottom.
6. In another medium bowl, mix Greek yogurt, stevia OR sugar, custard powder, and vanilla. Whisk until smooth Add 2 tbsp icing sugar and mix until smooth again, sweeten as needed.
7. Spread custard layer evenly over base layer. Place in freezer.
8. Melt semi-sweet chocolate chips and 2 tbsp coconut oil in a microwave or saucepan. Allow to cool for a few minutes.
9. Remove the bars from the freezer, spread chocolate layer even on top. Refrigerate or freeze to set. Cut into 16 squares and consume within 4-5 days. Keep refrigerated.

