

Spring a time for new life – wake up after the long winter.

This Spring let's try finding the new life within us:

- Start eating only what you prepare yourself.
- Start sharing your life with someone who does not have it as good as you.
- Start leaving your cell phone off for a few hours each day and feel the freedom.
- Start taking a moment each day and give thanks for the good things that happened that day.
- Start journaling and keeping track of how you feel and what you do. This will help your routines work better and help you to make new routines.
- Start calling your family and friends instead of sending emails. The personal contact will rebuild old friendships and begin new ones.
- Start going for a walk every day looking around and seeing the new life spring brings! It is amazing what you will find you have missed in your neighbourhood because you rush by it in your car.
- Start keeping track of the positive and letting go of the negative. Learn from your past mistakes and make them into a positive future.



In other words let's let go of our old habits that have dulled our lives and look for good new ways to make this life we have the best life possible. We have become too complacent and it is about time we woke up to a better way. Each and every one of us can probably make a better life if we just take some time and think about what we have enjoyed in the past and then re-make those moments.

Instead of relying on social media why not go back to the basics and make your life more personal and connect with people the way they did in the old days before modern ways took over and made us slaves to our computers and smart phone. Instead let's be smart about ourselves and change for the better!

Check out our website under the headings we have for you:

- Under **Judy's Recipes tab** we have over 100 recipes you can try with pictures of them to make it easy. Also under this tab you can scroll down to the bottom and find some excellent **Videos** that share with you the appliances and recipes we have to make your food prep easier.
- Then you can click on the **Product tab** and see our Catalog of products and ways to shop with us.
- Also we have the **Classes tab** where you will find our list of classes you can join to make a vegan life easier. We do these classes on an individual basis so just call our office and Judy will work you into her schedule.
- If you are new to us we have a book "Learning the Basic Recipes" book for free just call our toll free number 1-866-478-2224. We also have many new **E-books** just email gethealthy@hacres.ca to order yours today and **you can use the easy E-transfer way to pay for your purchases.**