

GRASP Newsletter

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HELLO JULY

HIGHLIGHTS

TV Reruns Recharge Your Brain

There's a reason why you never get tired of watching reruns of your favorite TV shows over and over again: It's relaxing, and researchers say it rejuvenates your mental focus. They call it "reconsumption." Because you know what's going to happen and are familiar with the characters, your brain doesn't have to exert any effort in the interaction like it does when viewing an episode you've never seen. You can simply enjoy yourself when reconsuming, which restores your mental energy.

Nature's Sports Drink

On hot summer days, quench your thirst with coconut water, sometimes referred to as "nature's sports drink." Harvested from young, green coconuts, the beverage offers sweet-tasting refreshment and is high in potassium, which keeps you hydrated.



To Your Health: Sound Sleep

People who lie in bed at night with their mind racing, unable to fall asleep, probably didn't take enough time to process the day's events before hitting the sack. Set aside some time in the evening to think through the day's events, jot notes, make to-do lists and clear your mind. When bedtime comes, you should sleep easier.

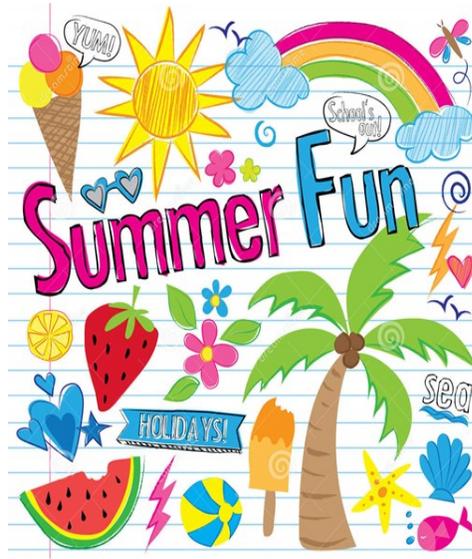
Celebrate the USA

Independence Day commemorates July 4, 1776, the day when the Continental Congress, representing the 13 Colonies, adopted the Declaration of Independence. We celebrate the nation's birth with gatherings of family and friends, fireworks, food, and fun.



Harnett County Happenings:

- ◆ Wednesday, July 4th is **Independence Day**. All county offices will be closed.
- ◆ **Lillington Community Blood Drive** sponsored by Harnett County Public Health & Harnett County RSVP is scheduled for Thursday, July 12, 2018. Please contact LeAnn Blackmon at 910-814-6071 for more information or to schedule your appointment.



Next Meeting

There will be no meeting held this month. Our next meeting will be on Tuesday, August 14th, This will be our "Back to School Celebration"

"Children need at least one person in their life who thinks the sun rises and sets on them, someone who delights in their existence and loves them unconditionally"

- Pam Leo