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EMPOWERMENT



Starstyle®-Be the Star You Are!®

Wednesday at 4 PM Pacific

**June 23rd 2021: Grow Your Groceries, Dementia Testing, Kids and Books**

To battle food insecurity, grow your own groceries. Global food waste is equal to 1/3 of all available food. Goddess Gardener, Cynthia Brian explains how you can save money, waste not, and eat healthy by planting the crops you enjoy. If you are trying to discern if your forgetfulness is normal or something more serious, you may need to see your physician for a cognitive screening. If you need something more, you'll be directed to a specialist. Multiple tests may be necessary for a conclusion. If you want to build literacy skills in a child, give her a book. The first few months and years

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