

PEP Region 3 Update

February 2012



February's 'To Do' List

**3rd- PEP Ice Cream Social & Book Reveal~ 6:30-8pm
CE 207 ~ Casper College**

**11th- Uniqueness & Cultural Awareness (1 1/2 hr. Stars Cr)
11-12:30pm ~ CE 207 Casper College, w/ Tara Goltermann**

**16th- "Tell Me I What I should Do" Observational Awareness
w/ Kerri Mahlum
2 Stars Cr. - 6-8:00pm ~
CE115 at Casper College**

**** Keep Doing a great job
for Wyoming's Families!**

Please Contact:
Laura Stadtfeld ~
Region 3 Coordinator at 333-5406
or wyosplitscond@yahoo.com
with any suggestions, additions

**Awesomely healthy to share
with your little ones 😊**

Pink Smoothies

Serve a pink fruit smoothie as a healthy Valentine's Day snack. In a food processor, blend together a 1/2 cup of pomegranate juice, a cup of strawberries, a 1/2 cup of raspberries, a cup of strawberry yogurt and a whole banana. Add some soy milk to decrease the thickness of the smoothies. Pour the blended smoothies into clear glass cups and garnish with strawberries. This smoothie provides rich amounts of antioxidants, fiber and other healthy vitamins and minerals.
Read more: at www.livingstrong.com



You Go Girls!

**Congrats to Our Newest
PEP Support Group~**

The 3 Genies'

Casie, Yvonne & Jennifer!

You Rock!!