



**Star-C Free Grocery Market**

## Resident Recap

### Valentine's Day Social

To celebrate National Heart Month, Star-C partnered with local community resource providers to emphasize heart health through cooking demonstrations, fitness classes, and community engagement with financial services as well as our Star-C Free Grocery Market.

### PARTNERSHIP STARS

This month, we are shining a light on the amazing Community Partners that were able to provide residents with the dynamic aspects of heart health we were able to offer throughout the month.

#### Tax Preparation:

Makia Roberson - Prestige Tax Solutions  
Kiiursti Brown - Max Pro Tax Solutions

#### Fitness:

Ilene Soleyn - Orange Theory Fitness

#### Heart Healthy Meals:

Atlanta Culinary Creations

#### Food Donations:

Feeding GA Families

## Let's Get Ready for Spring Break!

### Announcements

We are gearing up for Spring Break season by providing residents with grocery items to supplement students' nutrition while they are home from school during their break. In partnership with Feeding GA Families, Star-C aims to connect hundreds of residents with access to healthy options in place of reliance on school lunches during Spring Break.

Get in contact with us today to discuss how Star-C Select can serve your residents!

### Spring Tips for Wellness

Make half your plate fruits and vegetables and half your grains whole grains.

Get at least 150 minutes of moderate-intensity physical activity every week. That could mean 30 minutes a day, 5 days a week. Do muscle-strengthening activities 2 days a week.

Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.

*from cdc.gov*

### Star-C This Month:

#### Star C Breakfast (via Zoom)

March 28  
8AM-9AM

#### Full Service Site Events

March 21 - April 01  
Inquire about details!

#### Star-C Select Site Events

March 21 - April 01  
Inquire about details!



**Kayla Accoo - Property Coordinator**

**kaccoo@star-c.org**

**404.979.4549**