



Maxwell Adult Center Chatter



Yoga with Carey

Yoga will be offered at 10am via WebEx on the following dates:

- Tuesday, May 4
- Thursday, May 6
- Tuesday, May 11
- Thursday, May 13
- Tuesday, May 18
- Thursday, May 20
- Tuesday, May 25
- Thursday, May 27

If you are interested in joining you may call the Community Center at 281-478-2050 in order to pay the \$40 fee over the phone. You may also email the instructor at prof20065@aol.com if you have any questions.



10 Tips to Help You Survive the Summer Heat!

1. Sunscreen should be your best friend. Be sure to reapply while you're at the pool or doing anything out in the sun.
2. Hydrate. Hydrate. Hydrate. Drink plenty of water and fluids.
3. If you must do any activities outside, try to do them in the morning or after the sunset, especially if you're going on a hike. For more fun, take a friend with you.
4. Don't leave anything plastic in your car or anything else that could melt for that matter. Things like bottles of lotion, lighters and aerosol cans have been known to explode in cars.
5. Be sure to leave your windows cracked when you park and use a shade to cover your windshield.
6. Keep your house ventilated if you don't have AC. Fans will help circulate the air in the house also.
7. Wear loose-fitting, lightweight and light colored clothing.
8. Eat light, well-balanced meals throughout the day. Fruits will help.
9. Close the blinds and curtains in your home during the day and help keep the AC from running on overload.
10. Always listen to your body. If you're feeling nauseous, dizzy or faint, these could be signs of heat exhaustion. Get to a cool place quickly and drink lots of water.



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