



gethealthy  DeSoto

That box of chocolates challenging your New Year's Resolution?

There are many ways to celebrate Valentine's Day that don't include chocolate!

While I love a good chocolate fondue as much as the next person, I know that at this point, I'm still climbing out of the unhealthy-hole I've dug for myself with Thanksgiving, Christmas, and the holiday season. I know I will be trying something other than eating to share my day with my Valentines.

Shopping local Many of us love a day of shop-hopping while enjoying a reduced-calorie coffee from our very own local coffee shop. Hit the sidewalks and do some thrift-shopping down on Main Street. Get some steps, some bargains, and some quality time together!

Ice skating Steinberg Skating Rink in Forest Park is open until March 1 (no matter what temperature Missouri picks for that day). They have skates for rent. For more info, visit <http://steinbergskatingrink.com/> (Note—they are a cash-only establishment.)

The St. Louis Art Museum It's quiet, warm, and full of beauty. The St. Louis Art Museum offers art for all sorts of people and have several events coming up with a heart theme. Check out their calendar of events at <http://calendar.slam.org/index.php?mo=2&yr=2018>

Hiking Weather-permitting (and it just might in Missouri), hit the trails to get some sunshine and fresh air. A brisk hike can really get your heart beating!

Trivia Night Come join the fun at the De Soto Farmers Market Trivia Night on February 17 for Valentine's Day!! (see info below)

De Soto Farmers Market Trivia Night is scheduled for February 17, at 6:30 at the K.C. Hall.

Donations of baskets and items for the silent auction are appreciated.

A table of 8 costs \$96.00. Visit <https://gethealthydesoto.org/trivia-night/> for more info.

Also, mark your calendars for Winter Flakes run on March 24. More details to follow.

To learn more about Get Healthy De Soto, visit www.gethealthydesoto.org.

Toilet Talk for February 2018