

# TEEN COURT NEWSLETTER

February 2024

## February is American Heart Month

A Message from UM Charles Regional Medical Center:

It's the perfect time to start small, heart-healthy habits, like being more active or eating right, and putting less stress on your heart.

Since getting and staying health can be a big challenge, the American Heart Association suggests tying small, positive steps to other things you do regularly – a practice called “habit stacking.” Some of the ideas the organization suggests are:

- Add doing five squats when you brush your teeth.
- Focus mindfully on the sights and sounds of your daily walk.
- When writing a to-do list, start by listing one or two things you are grateful for every day.
- While your making coffee or tea, use the waiting time to slice up a vegetable for snacking.



Improve your life journey by building healthy practices into ironclad habits. For more information from the University of Maryland Charles Regional Medical Center Cardiac Rehabilitation unit, go to:

<https://www.umms.org/charles/health-services/cardiopulmonary/cardiac-rehabilitation>

## UPCOMING CLASSES

### **Mother Daughter Series** - La Plata

Learn and experience the benefits of mediation, movement, and showing empathy to each other. This session's theme is Be Fearless!

Next Class: Tuesday, February 13, 2024

Location: CCSO Headquarter Building

### **Financial Mindset for Teens** - Bryan's Road

Teens can learn about financial literacy and money management from an expert with University of Maryland Extension.

Next Class: Tuesday, February 27, 2024

Location: CCPL Potomac Branch

# TEEN COURT NEWSLETTER

February 2024



## Comprehensive Primary Care Close to Home

From two accessible locations, our primary care offices are dedicated to providing dependable care throughout Charles County. Our Bryans Road and La Plata locations bring quality health care right to your doorstep. You can rest assured that your family will receive comprehensive services with a preventative approach to health care. These services include everything from annual wellness check-ups for individuals aged 17 and above to the management of chronic conditions like heart disease, diabetes and asthma.

**Make an appointment today.**

**[UMCharlesRegional.org/Primary](http://UMCharlesRegional.org/Primary)**

### PRIMARY CARE - LA PLATA

5 North La Plata Court, Suite 101, La Plata, MD 20646  
**301-609-5044**

### PRIMARY CARE - BRYANS ROAD

3145 Marshall Hall Road, Bryans Road, MD 20646  
**301-609-5350**

**A better state of care.**

## UPCOMING FUNDRAISERS

### Pizza Hotline - La Plata Location

- February 19th
- March 19th
- April 22nd

## DID YOU KNOW?

Charles County Teen Court is an excellent way for students to earn Community Service Hours for their Senior Portfolios or groups like National Honors Society. It is also a great way to learn what sitting on a jury feels like.

If you would like to subscribe to the Teen Court Newsletter, use the subject 'Teen Court Newsletter' to one of the contacts below:

**Sarah Vaughan**  
Teen Court Coordinator  
[vaughans@ccso.us](mailto:vaughans@ccso.us)

**Heather LaBelle**  
Teen Court Specialist  
[labelleh@ccso.us](mailto:labelleh@ccso.us)

**For more information on  
Upcoming Classes & Fundraisers,  
check out our website:**



Teen Court Website