

UPLIFT: A monthly ASCA newsletter of thriving and inspiration. Exclusively from The Morris Center for Healing from Child Abuse.

SEPTEMBER 2018



UPLIFT

Featuring positive, uplifting information exclusively from The Morris Center for Healing from Child Abuse.

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**YOUR HEALTHIEST
AUTUMN
YET**



Here are some tips for a Healthy Fall

- Enjoy the season's most tasty produce
- Stay hydrated to help your immune system stay one step ahead
- Go outside to reduce stress and burn calories by raking leaves, planting/weeding or enjoying a walk
- Attend [an ASCA meeting](#) for support from fellow Adult Survivors of Child Abuse.



[Sumi](#)

I was excited to have an opportunity to speak at the Unitarian Universalist Church of Minnetonka on July 15, 2018, about "Bias-based bullying and mental health". It was a wonderful experience.

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UPLIFT joins our still ongoing, quarterly newsletter. We would love to feature you. If you would like to volunteer, have comments or would like to provide supportive feedback for anyone featured in this newsletter, send an email to ascanewseditor@gmail.com by including their name in the subject line of your email.

A special thank you, to all those who have made a [donation to the Norma J Morris Center](#). We would not be here without you.

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