



Halifax, Nova Scotia D.Karuppan

*Oh Beautiful Spring!*

*By,*

*Debbie Karuppan*

*The beauty of nature paints our world*

*Behold the wonders now unfurled,*

*The warm blue skies and stars at night*

*Enfold us all with awesome delight,*

*Be cheerful now for the time has come,*

*For Spring, the hope for everyone.*

Happy Spring Everyone!

March is National Nutrition Month. Please see web site from the National Institute of Health for information to help you and your family stay well while following a healthy diet.

<https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/nutrition.htm>

Until next time,

Keep Healthy and Happy,

Debbie Karuppan RN,C