



MORRISON BRUCE CENTER JAMES MADISON UNIVERSITY

Spring 2022 Newsletter

Executive Director's Note

Take a peek at what our Center Executive Director, Dr. Liz Edwards, has to say about what the MBC accomplished this year!

[Read more...](#)



Brain Health is Wealth!

Our brain constantly re-wires itself, but it can wear down without proper care and upkeep. Our “mental muscle” needs external stimuli to sharpen and maintain efficient cognitive skills. The good news is that many activities we can engage in from children through adulthood will help keep our brains healthy and fit!

[Read more...](#)

The Hidden Benefits of Camping

Have you been on the fence about going camping? Not sure if the wilderness life is for you? This article may help convince you that camping is exactly what you need. There's so much going on in our crazy world - going “off the grid” can provide a welcomed boost to your physical and



mental health.

[Read more...](#)



Give "Nice-cream" a try!

If you love ice cream but not the extra fat and sugar, you can now eat it with less guilt by following this homemade “nice-cream” recipe! Nice-cream is a great tasting alternative that helps satisfy your sweet tooth (and is compliant with vegan dietary guidelines). You can get creative by experimenting with flavor modifications and endless topping options. Enjoy this treat during the summer months or anytime you want a little fiber and potassium boost!

[Nice-cream Recipe](#)

Movin' & Groovin' Day: Empowering Girls to Live Healthy Lives

This spring, the Morrison Bruce Center brought back our annual Movin' and Groovin' Day, an event designed for girls, ages 7 to 12 years, to learn about the importance of physical activity and health. The overarching purpose of this program is to empower young girls to understand the value of and how to live more active and healthy lives. Not offered since 2019, this large-scale event helped us reconnect with our surrounding communities in ways that the pandemic had made difficult for the last few years. And we had a blast!



[Read more...](#)

Alumni Highlight

Jeannette Williams, a remarkable James Madison University alumna, earned her undergraduate and graduate degrees in 1956 and 1961, respectively. Her Bachelor's degree is in secretarial science and her Master's degree is in business



education. She was the seventh child out of nine, and a first-generation college graduate. While college was not something discussed in her household, Dr. William's high school English teacher encouraged her to apply to three Virginia colleges, which marked the start of her journey at Madison College...

[Read more...](#)



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DAIRY ALTERNATIVES -MILK-



ALMOND MILK

Almond milk is rich in Vitamin E, which is an important antioxidant. Vitamin E can help decrease your risk of serious health conditions like stroke, heart disease, and even cancer. This milk alternative can be an excellent source of Phosphorus as well.



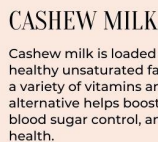
COCONUT MILK

Coconut milk packs in a lot of flavor and is slightly lower in calories than other alternatives. This milk is a good source of Vitamins D & B, which are important for strong bones and a decreased risk for age-related bone diseases.



OAT MILK

Oat milk is full of protein and fiber. This milk makes for a great coffee creamer and is the best for baking purposes. Oat milk contains healthy fats, Vitamin D, and more riboflavin (Vitamin B-2) than cow's milk, which helps with your skin, digestive tract, and brain function.



CASHEW MILK

Cashew milk is loaded with heart-healthy unsaturated fats, protein, and a variety of vitamins and minerals. This alternative helps boost heart health, blood sugar control, and even eye health.



SOY MILK

Soy milk helps support healthy muscles and organs since it is rich in omega-3 fatty acids. This healthy fat can be linked to a reduced risk of dementia and Alzheimer's disease. This alternative also contains phytonutrients, which help provide cancer fighting agents.

Info adapted from Nutrition.org, Healthline.com, ClevelandClinic.org

Tentative Programs for Fall 2022!

**Healthy Kids
EmpowHER
Families in Motion
Women's Health and Wellness Program
... and more!**

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