

# APRIL 2024 NEWSLETTER

SECURE HANDS SOLUTIONS



## HELLO APRIL!

Greetings from **Secure Hands Solutions!**

Spring has arrived, and we're excited to share the latest updates and insights with you. In this edition, we cover a range of topics, including caregiving tips, company news, and upcoming events.



## APRIL FOOL'S DAY

How did April Fools' Day start?

[www.securehandssolutions.com](http://www.securehandssolutions.com)

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## CAREGIVING TIPS

**Managing Stress:** Spring is a great time to focus on self-care. Remember to take breaks, stay active, and seek support when needed.

**Healthy Eating:** Try incorporating more fresh fruits and vegetables into your diet this season for a boost in nutrition.

**Exercise Ideas:** Take advantage of the warmer weather by going for walks or practicing yoga outdoors. Company News



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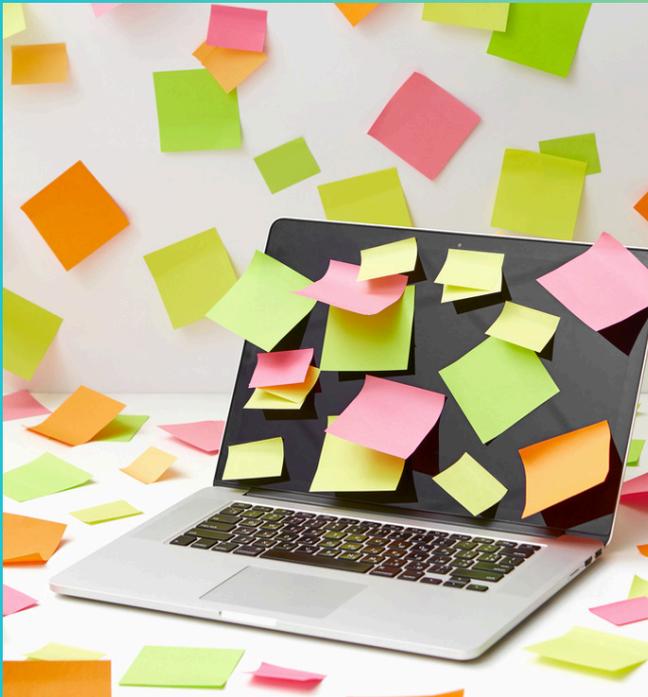
## NEW PARTNERSHIP

We're thrilled to announce our partnership with Caring.com expanding our network to better serve you.



We value your feedback! Please take a moment to write us a **review**. Your insights help us improve our services and better serve you. Thank you for your support!

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## DATES TO NOTE

### APRIL 2

World Autism  
Awareness Day

### APRIL 7

World Health Day

### APRIL 10

National Youth  
HIV and AIDS  
Awareness Day

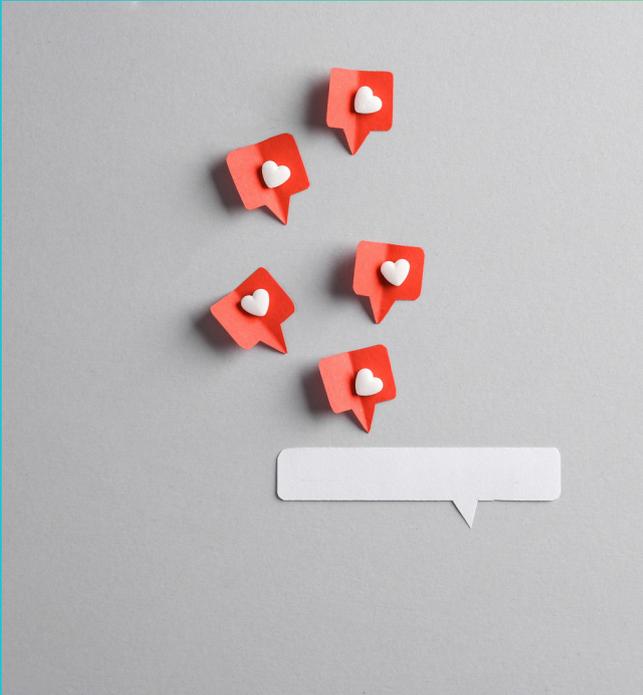
### APRIL 16

Annual National  
Healthcare  
Decisions Day

### APRIL 25

World Malaria Day

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## LIKE AND FOLLOW US

Follow us on social media for the latest news and updates.



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## THANK YOU

Thank you for reading our newsletter! We hope you enjoy this month's newsletter. Stay tuned for more updates and information in our next edition. If you have any feedback or suggestions, we'd love to hear from you.

