

THE JDF FOOTPRINTS NEWSLETER

March 2023

Jenkins Donelson Foundation



Promoting foot health and healthy lifestyles for the underserved.

Happy Spring! Flowers are beginning to bloom and our daylight hours are getting longer. Our JDF team is busily filling our spring calendar. Health Fairs and another Community Giveaway are being scheduled so look for details in the near future. In the meantime, we have some important healthcare reminders to share with you below.



 **YouTube**
See more giving stories on our channel!

<https://www.youtube.com/channel/>

Health Tips for a Healthy You in 2023

The coronavirus is still around. These tips can keep you healthy this year.

Keep washing your hands.



Avoid touching your face.



Cover your mouth.



Germs spread easier when sitting close to others.



Wear a mask in crowded places to avoid germs.



thejdf@jdffet.org

The Jenkins Donelson Foundation is a 501 c 3 organization that operates through volunteer efforts and donations. Please support us at jdffet.org or text JDFGive to 44-321. Thanks!