

Arkansas Medical Supply

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May is...National Physical Fitness and Sports Month

During the month of May, we challenge all adults to get 30 minutes of physical activity every day.

Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and some types of cancer. Yet average Americans don't get the recommended amount of physical activity.

Aim for 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes things like walking fast, dancing, swimming, and raking leaves and even cleaning house.

Do muscle-strengthening activities – like lifting weights or using exercise bands – at least 2 days a week.

Physical activity is for everyone. No matter what shape you are in, you can find activities that work for you.

More information visit healthfinder.gov

AMS NEWSLETTER



May 2018

It is our mission to provide the highest quality of medical products and personal service to all customers!

We strive to help our customers live better! We take pride in working with our customers to meet their needs and in turn enhance their ability to live independently.

Calendar of Events

May

- May 5- Cinco De Mayo
- May 13- Mother's Day
- May 15- Ramadan Begins
- Greek Food Fest- 19-21st
- 25-27 Arkansas River Fest at the River Market Downtown
- May 28 Memorial Day
 - Office CLOSED

SU	M	T	W	TH	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28 Closed	29	30	31		

Mental Health Awareness Month

- Mental Health Awareness Month has been observed since 1949.
- This year's theme is *Fitness #4Mind4Body*- Not only do you need to exercise your body but also your brain.
- 1 in 4 people in the world are affected by mental health!
- More than 2/3 of Americans who have a mental illness live in the community and lead productive lives.
- For more information or to find help on Mental illness please visit mentalhealth.gov or mentalhealthamerica.org



Memorial Day-May 28, 2018

Memorial Day is the day to remember our fallen men and women who have served our great nation. It serves to remind us of the costly price of wars. There are many formal ceremonies that take place in observance. Most of these are held in local communities, and can be found by contacting a local Veterans of Foreign Wars office or local city government agency.

This memorial day make a Paper Windsock and hang it on your front porch to remember those who have served our country.



To make a Paper Windsock you will need:

Piece of paper, Marker or pens, streamer-or long strips of paper, glue or tape, and a string.

1. Decorate a piece of paper using American symbols such as stars, and eagle or military member.
 2. Tape/glue the streamers or paper to the back of your decorated paper.
 3. Connect the edges of the piece of paper using tape to make a tube
 4. Poke holes and tie string for hanging
 5. Hang on your porch and enjoy!
- More craft ideas on jampaper.com