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February E-Newsletter

February 20, 2008

Eat Well, Live Well

At Mautner

Celebrate the wonderful **Men of Mautner** with us on Wednesday, March 19! To learn more, visit our [website](#).

Is it **YOUR Time To Quit?** Sign up today for Mautner's quit-smoking support group, or learn more about it, by calling 202.332.5536 or emailing ssanford@mautnerproject.org!

In the Community

The **2nd Annual Capital Queer Prom** will be held:
Saturday, March 8
8:00 PM - 1:00 am
Don't be left out in the cold! [Buy your ticket today](#).

The Youth Pride Alliance is pleased to offer two **scholarships** to DC area youth who exemplify leadership in the community: find out more [here](#).

If your sister has had breast cancer, consider enrolling in the **Sister Study** to help learn about the causes of cancer.



Eating well doesn't have to be expensive, inconvenient, or tasteless. Food is how we give our bodies what we need to continue living, and our bodies deserve the best. Healthy eating doesn't have to be about losing weight, denying ourselves the pleasure of foods we love, or punishing ourselves for being round.

It's about taking care of ourselves. Finding a healthy way of eating that feels right to you can help your body feel better every day as well as reducing your risk of health conditions from diabetes to cancer.

What You Can Do:

- **Eat more vegetables and fruits.** Remember, the fresher, the better! Try to eat a variety of veggies, and you'll get a variety of benefits - orange veggies like carrots and squash have a lot of beta carotene, while dark greens are rich in iron and calcium.
- **Substitute whole grains** for processed in your pasta, bread, and rice. Whole grains contain nutrients that processed grains don't, and are also richer in protein and fiber. Another perk: they release sugars into your bloodstream more slowly, helping to prevent that post-lunch "slump!"
- **Exercise portion control.** One "serving" of meat or other protein is about the size of a pack of cards; one half-cup serving of whole grains is roughly the size of one half of a baseball; and one cup of fruits or veggies is about the size of a fist.

For more information, come by this Saturday for a fun, participatory workshop to learn more about how you can fit healthy eating into your life! All are welcome, and the event will be held at Mautner's office at 1707 L Street, NW, Suite 230 in DC.

Have you participated in **genetic counseling**? Take this brief [survey](#) to further knowledge about, and improve, LGBT people's experiences. For full information about the study, please contact Heather Dean at dean0183@umn.edu.



Healthy Eating

Yummy recipes & solid solutions for healthy eating - whether you're eating out or dining in.

Feb. 23rd | 11 a.m. | FREE
RSVP: ssanford@mautnerproject.org

 **Mautner Project**
The National Lesbian Health Organization

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The Mautner Project improves the health of lesbians, bisexual, and transgender women who partner with women, and their families, through advocacy, education, research, and direct service. We envision a healthcare system that is guided by social justice and responsive to the needs of all people.

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