

March Newsletter 2025



Slide Rock, Arizona

Spring Is in the Air

As the flowers bloom and the days grow longer, we're excited to embrace the new season with you! Spring brings fresh opportunities, vibrant colors, and the perfect time to hit the golf course or tackle that hike you've been dreaming about.

Let's make the most of this beautiful season together!

Warmest wishes,
The Resilient Team

Stand Tall: Discover the Surprising Health Benefits of Good Posture

Have you ever heard the saying, "Stand up straight!"? Turns out, this age-old advice isn't just something your grandma yelled at you; it carries a wealth of wisdom. Good posture is more than just a matter of looking confident and poised; it has profound physical and mental health benefits. In this blog post, we'll explore how proper alignment can enhance your well-being, sprinkle in some humor to keep things light, and share a testimonial highlighting the long-term advantages of posture correction.

[Read More](#)



Recipe of the Month

Biscuits and Gravy

Ingredients

- 1 Lb Sausage of your choice
- 3 Tbsp Flour
- 1 Tbsp Beef Bullion
- 1 Can Condensed Milk
- 1 Cup of Milk
- 1 Tbsp Worcestershire Sauce
- Dash of Tabasco Sauce
- Biscuit Mix of your choice (Follow mixture instructions)

Instructions

In a large frying pan brown sausage over medium heat about 8-10 min. Add flour to coat the sausage. Add beef bullion, condensed milk and milk to the sausage. Stir until it thickens. Add Worcestershire sauce and Tabasco sauce. Gravy will continue to thicken as it cools. Make biscuits and serve gravy over biscuits.



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