

Happy Friday everyone. Time is flying by – February already. The sun has been lovely for the past few days so hopefully you've had a chance to get out and enjoy it

LEARN TO CURL

20 or you came out to the learn-to-curl event we had last Sunday – it was so much fun! We learned a lot and had a lot of laughs. Curling is a lot tougher than it looks but it was a really great time. Maybe it's an activity we should do again sometime! Or maybe you and a friend or family member want to join a league or take some more lessons. Just reach out to Kent at the Abbotsford Curling Club (or any curling club in your area). I'm sure they'd be more than happy to get you started.



DRY-ISH FEBRUARY CHALLENGE

How is everyone doing on this challenge. Hopefully you are starting to see some positive impacts of cutting out or cutting down on your alcohol intake – better sleep, more energy, weight loss, lower blood sugar, lower blood pressure, headaches, etc. etc. etc. The benefits are endless. Go to this [link](#) to learn all about the challenge for your chance to win a great prize!

HR LEARNING SERIES HEALTH & WELLNESS WORKSHOPS

In recognition of February, Heart Health month, Tara has sourced a great lunch and learn workshop for you that is sure to reinforce the importance of maintaining physical activity – register today!

It's Your Move: Getting and Staying Active

This session will review the importance of maintaining physical activity to support long-term health and wellness goals and to combat some of the physical and mental stressors one might be faced with in daily life. This session will also educate participants on the types of health benefits to be gained from different activities, and will provide strategies for reducing barriers to increase/maintain physical activity levels

Date: February 25, 2026

Time: 12:00 PM - 1:00 PM

Facilitator: Katarina Radonjic, Homewood Health

Location: Zoom

Register: <https://www.eventbrite.com/e/its-your-move-getting-and-staying-active-tickets-1981792091494?aff=odddtcreator>



Just a reminder to check out our new blog series, [Stronger Every Day](#) and an invitation for you to participate and contribute. We've posted a few blogs in this series so if you haven't had a chance to read them, now's your chance! And please feel free to contribute to this series with stories of your own – we'd love to share them. Likely what you are (or have) going through resonates with others and can be very helpful for them!

UFV PLASMA PLAYOFFS – STILL TIME TO DONATE!

UFV is partnering with Canadian Blood Services with a goal to improve or save the lives of so many Canadian patients by donating blood from January 4, 2026 – February 14, 2026 at the Plasma Donor Centre, 32700 South Fraser Way, Unit 75.

Plasma donors make all the difference. The plasma collected in the Abbotsford donor centre alone is manufactured into 50 different medications which are distributed to 730 hospitals and clinics across Canada. Donating only takes an hour of your time but can be a lifesaving gift in someone's life who depends on plasma transfusions or medicines made from donated plasma.

- [What you must know to donate plasma](#)
- [Donation Criteria Quiz](#)

Please see the attachment for more information and instructions on how to set up your account.



Book now



RECIPE ALERT

It's soup weather and I made a delicious one the other day! Give it a go. Red lentils are an excellent source of plant-based protein, iron, folate and fiber promoting sustained energy and digestive health. And of course spinach is packed with vitamins A, C, K1, iron and calcium!

This soup is very creamy packed to the brim with veggies, red lentils, coconut milk, and lots of spices. It's a total win for the coziest months of the year!

SMOKY RED LENTIL SOUP WITH SPINACH

Ingredients

- 2 Tbsp. olive oil
- Half of an onion, minced
- 2 carrots, peeled and minced
- 2 stalks celery, minced
- 3 cloves garlic, minced
- 2 Tbsp. smoked paprika
- ½ tsp. turmeric
- 1 ½ cups red lentils, rinsed
- 5 cups vegetable broth
- 1 14-ounce can full-fat coconut milk
- 1-2 cups of fresh spinach, chopped
- 2 tsp. kosher salt
- Juice of one lemon



Optional finishes:

- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- ¼ tsp black pepper
- 2 tsp. honey

Directions

1. Heat olive oil in a large soup pot over medium heat. Add the onion, carrot, and celery; saute until softened, about 5-10 minutes.
2. Add the garlic, spices, and lentils. Stir to combine and let it stay on the heat for just a minute to get the garlic smelling really good.
3. Add the broth. Bring to a simmer; place lid partially on the pot and simmer for 10 minutes, stirring once or twice during cooking time.
4. Add coconut milk, spinach, salt, lemon juice, and season to taste (OPTIONAL: you can drizzle a little honey, and a couple shakes of garlic powder, onion powder, and freshly ground black pepper if you like).
5. Serve with socca or naan bread for dipping and dunking!

Have a wonderful weekend everyone and if you are a football fan, enjoy the Super Bowl – Go Hawks!