

# Community News

AUGUST 2017

Four Seasons at Southtowne  
APARTMENTS

420 West Cadbury Drive | South Jordan | UT 84095 | 801-253-5800 | FourSeasonsSTIsYourHome.com

## LIVING HEALTHY



It can be hard to sort through it all to find the best ways to improve your health. Studies show that despite receiving information about it, most people do not focus on the health habits. Here are some ways to live healthy. Avoid tobacco, maintain a healthy weight, eat five servings of

fruits and vegetables each day, and be physically active 30 or more minutes a day at least five times a week. Each of these habits offers significant health benefits.

### MEET THE STAFF

Community Manager Cass  
Financial Manager Jody  
Leasing Associate Amanda

### QUOTE

Character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing.  
— Abraham Lincoln

## CAMPING WITH YOUR DOG

Fall is wonderful time to enjoy the great outdoors with your canine companion. Camping is a great way to do it. Here are some tips that can make it fun! First, get your dog ready for the extra hiking. Try to take some walks on rougher ground and up and down some hills before. This will build up your dog's stamina and also condition its paws. Also make sure your dog is up-to-date on vaccinations and licensing. When at your campsite or on a hike, it is important to keep your pet near you and under your control at all times. If you are unsure of how your dog will react to other people or wildlife, you may need to keep him leashed. Have fun!

## FOOD TIP

When you find a good price on milk, you probably wish you could stock up. The best way to store milk long-term is by freezing it. To freeze milk, remove about one cup from a gallon container of milk to prevent the jug from expanding too much when frozen. It can be frozen for up to 3 months.

## HAVE YOU LAUGHED TODAY?

Researchers have found that laughter might just be the best medicine. Laughing reduces stress, lowers blood pressure, and boosts your immune system. It can even improve relationships. Take some moments each day to look at the lighter side of things and your mood and health will benefit.

Leasing Center Hours M - F 9:00 am - 6:00 pm | Saturday 10:00 am - 5:00 pm | Closed Sunday



# AUGUST 2017

sunday	monday	tuesday	wednesday	thursday	friday	saturday
		1 RENT IS DUE	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	29	30	31		
			Character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing. —Abraham Lincoln			

## START YOUR OWN BOOK CLUB



A book club is a great option for those who want to read more but can't seem to finish a book, or have trouble selecting reading material. Starting a book club and getting together with like-minded people to discuss each book makes reading more enjoyable. You can start a book club with as few as three people. Each week, have a different member choose which book to read - this will give your group a variety of viewpoints and interesting topics to discuss!

### RENT

Rent is due by the first day of the month, so please pay your rent on time. Rent paid after the fourth of the month will be assessed a daily late fee. Please contact the office immediately if you anticipate difficulty with payment.