

Larry S. Helms
& Associates
INSURANCE SERVICES

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April 2025

Let's Plan A Stay-cation



Not going anywhere this month? No problem. May is the perfect time to plan a relaxing, affordable stay-cation. Below are some ideas to inspire your local adventure

Explore Your Backyard (Literally) - Turn your backyard into a retreat—set up a tent for a night of stargazing, create a picnic spot with snacks and books, or hang fairy lights for an evening hangout. Have small children? Give them a scavenger hunt list for plants to look for.

Theme Nights at Home - Host a movie marathon, cook a themed dinner (like Mediterranean or Mexican night), or plan a game night with friends or family. Everyone loves a Taco or Potato Bar!

DIY Spa Day - Light candles, play calming music, and pamper yourself with homemade face masks and a relaxing bath soak. Ladies, let dad take the kids to a ballgame or fishing or something that day.

Be a Tourist in Your Town - Visit that local museum you've never been to, walk a new trail, or try a small coffee shop, diner, or eatery off the beaten path. You might be surprised at what you find! If you live in a small walking town, take a friend, park the car and wander.

Creative Projects - Try your hand at painting, crafting, or starting a photo challenge. Creative expression can be just as rejuvenating as travel.

Virtual Experiences - Take a virtual tour of a world-famous museum, attend a free online workshop, or stream a live concert from your couch. Make it a family event. Pick different things each family member wants to do. This one can be the same night each week for the month. You'd be amazed how much fun a virtual cake baking workshop can be!

Pro Tip: Create a "Stay-cation Itinerary" for the week or weekend to give structure and something to look forward to.

May - Family Wellness Monty



Family is where health starts! Every May, we celebrate Family Wellness Month, a time dedicated to enhancing the physical, emotional, and social well-being of families.

It's all about encouraging healthy lifestyles and strengthening bonds within the family unit. This special month is marked on the first day of May each year.








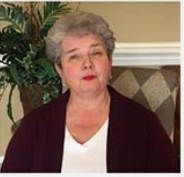





Family Wellness Month spotlights the importance of physical and mental health. Activities during this month promote exercise, nutritious eating, and mental wellness.

These efforts improve individual health and bring families closer together, fostering a supportive environment where every member thrives. It's a perfect opportunity to engage in fun, health-boosting activities like hiking, cooking together, or attending wellness events.

Why do we focus on family wellness? Because healthy families lead to fewer medical expenses, reduced stress, and happier home environments.

source: [daysoftheyear.com/days/family-wellness-month/](https://www.daysoftheyear.com/days/family-wellness-month/)

[LarryHelms.com](https://www.larryhelms.com) - Our Team can find the right solution for you!

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