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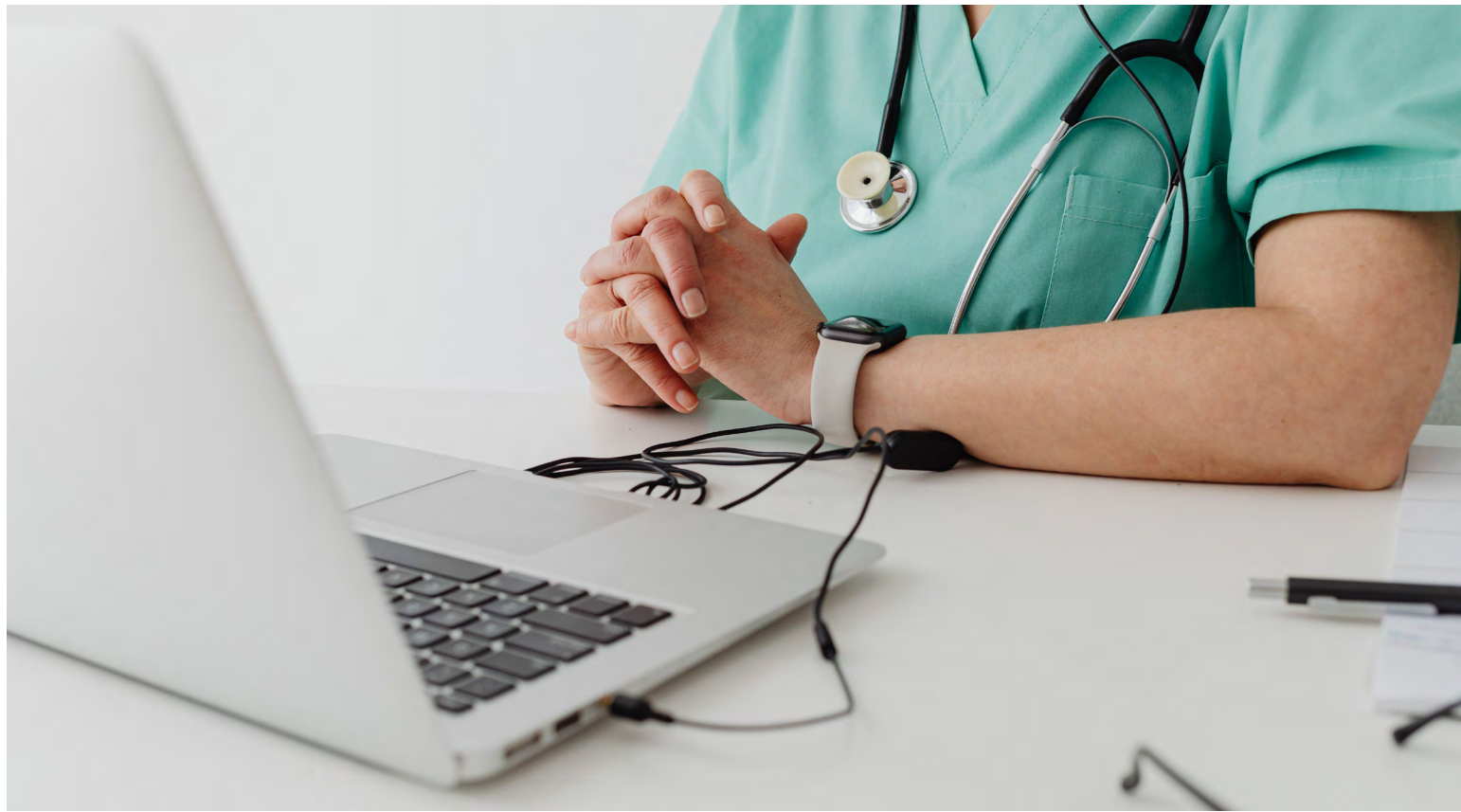
Our Mission

Your Bliss explores the human spirit, the wealth of relationships, mental and physical health, and spiritual well-being. We celebrate moments of achievements, triumphs and patience for diverse audiences. Our goal is to bring you information that you can use to explore and celebrate health, wealth, happiness, and spirit.

With the ever-expanding nature of technology, knowledge and healthcare, there is a growing supply of data to take from. With Your Bliss, we find the information for you and put it all in one place. Every month, we bring you new articles on a wide range of topics so you can live a fulfilling and whole life.

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Technology and Business Growth Opportunities

By: Waseem Syed, MYB IT Professional

Most practices already have more information about their business than they realize.

Every appointment, phone call, website visit, canceled visit, patient review, service request, and payment creates useful data. The problem is that this information often sits across different systems and is mainly used for daily operations rather than long-term planning.

Technology can help turn that information into something more valuable: a clearer picture of where the practice can grow.

Growth does not always mean opening another location or spending more on advertising. Sometimes the biggest opportunities are already inside the practice. A service may have more demand than expected. Certain appointment times may stay empty. Patients may be searching for a treatment the practice already offers but does not promote well. A high number of missed calls may represent potential patients who simply never reached anyone.

The first step is to look at the data the practice already collects.

Scheduling systems can show which services are booked most often, which providers have the highest demand, which days are busiest, and where unused

appointment slots exist. If one service is consistently booked weeks in advance while another has significant availability, that information can help management decide where additional staffing, extended hours, or marketing may make sense.

Website analytics can provide another useful perspective. They can show which service pages receive the most attention, what visitors are searching for, where they leave the website, and whether they eventually schedule an appointment.

For example, imagine that a weight management page receives hundreds of visits each month but very few people schedule. That does not necessarily mean there is no demand. The page may not explain the program clearly enough, the scheduling button may be difficult to find, or patients may have unanswered questions about insurance or eligibility.

Phone systems can reveal similar opportunities.

A practice should know how many calls are received, how many are missed, what times are busiest, and how long patients wait before someone answers. If many calls arrive during lunch hours when staffing is low, the practice may be losing appointments simply because patients cannot get through. Callbacks, better staffing, or automated assistance could help solve the problem. Patient feedback is another source of useful information. Reviews, surveys, and frequently asked

questions can show what patients value and where they experience frustration.

If patients repeatedly ask about weekend appointments, telemedicine, a certain specialty, or a specific test, those questions may point toward an opportunity worth evaluating. Even negative feedback can be useful. One complaint may be an isolated issue, but repeated complaints usually indicate a pattern.

Technology can also help bring all of this information together.

A simple dashboard can track appointment volume, new patients, cancellations, no-shows, provider utilization, website inquiries, missed calls, patient feedback, revenue by service, and marketing performance. The goal is not to create impressive charts. The goal is to make changes and trends easier to notice.



Artificial intelligence can also support this process by summarizing reports, organizing information, identifying unusual changes, and helping teams review large amounts of data faster. However, AI should support professional judgment, not replace it. Healthcare organizations must still consider accuracy, privacy, security, and appropriate human oversight.

Technology can tell us what is happening, but people still need to understand why.

The most successful practices will not necessarily be the ones using the most software. They will be the ones that use information intelligently.

Sometimes the next growth opportunity is not something you need to create. It is something your practice is already showing you.

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Reflection Practices for Personal Growth

By: Usman Mehmood

The Power of Everyday Reflection

Growth and personal development do not happen overnight. They are built gradually through **reflection, learning, and self-awareness** small processes that, over time, shape the way we think, work, and live. In an ever-evolving world, taking time to pause and reflect can sometimes feel unproductive. However, those quiet moments can often provide some of the greatest opportunities for personal growth. Reflection allows us to look beyond an event and understand **what happened, why it happened, and how we can respond differently in the future.**

Turning Life Experiences into Learning

Everyday experiences can become powerful teachers when we take the time to examine them from a different perspective. A difficult conversation, a mistake, a successful project, or an important decision can reveal valuable insights into our habits, strengths, weaknesses, and behaviors. Reflection helps us view mistakes not simply as failures, but as opportunities to learn.

Ask yourself:

- What went well?
- What could I have done differently?
- What did this experience teach me?
- How can I use this lesson in the future?

These simple questions can turn ordinary experiences into meaningful learning opportunities.

Building the Habit of Lifelong Learning

Learning does not end with school, degrees, or professional qualifications. Learning can happen at any stage of life. Reading a book, listening to a podcast, learning a new skill, attending a workshop, or having a meaningful conversation can all contribute to personal and professional growth. The key is consistency. Spending even a small amount of time learning something new every day can make a significant difference over time.

The more we learn, the more opportunities we discover to grow.

Developing Self-Awareness

Reflection also strengthens self-awareness. When we regularly examine our thoughts, decisions, emotions, and actions, we become better at recognizing patterns in our behavior. For example, someone may realize that they frequently postpone tasks because they feel overwhelmed. Another person may discover that they work more effectively when they plan their day in advance. Recognizing these patterns creates an opportunity to make intentional changes rather than repeating the same behaviors.

Simple Ways to Make Reflection a Daily Habit

Reflection does not require a complicated routine, special meditation, or hours of free time. A few simple

practices can make it part of everyday life.

Keep a Journal

Spend five to ten minutes at the end of the day writing down your thoughts, experiences, lessons, and feelings. Journaling can help you process experiences, track progress, and identify areas for improvement.

Review Your Goals

Instead of simply asking whether you achieved a goal, ask:

- What went well?
- What did not go as planned?
- What did I learn?
- What can I improve next time?

This transforms goal setting into a continuous learning process.

Learning from Others

Personal growth does not happen in isolation. The people around us can provide perspectives and

insights that we may not discover on our own. Mentors, colleagues, friends, and peers can challenge our assumptions and introduce us to new ideas even when their opinions differ from ours. Listening carefully, asking questions, and accepting constructive feedback can become powerful tools for personal and professional development.

Growing One Day at a Time

Personal growth is not about becoming someone else. It is about developing greater awareness, stronger skills, and a clearer sense of purpose one day at a time. When reflection becomes a habit and learning becomes part of everyday life, our experiences begin to carry greater meaning.

Every success can become a stepping stone. Every failure can become a lesson. Every day can become an opportunity to grow.

Lifelong learning is not a destination; it is a continuous journey of improvement, one day at a time.

The Happiness of Structure: Why Routine Works

By: Amyiah Wheeler



We live in a world where we do the same things every day and commit to a set routine. There are pros and cons to a routine; as an example, pros are that it provides structure and balance to your life, and avoids the fear of change most people like to avoid. The cons of it are that everything changes, we live in a world that's constantly changing and adapting, but a good thing about a structure is that you can change it, move it around, add things to it and it will still hold all it is supposed to. Structure is an important part of your life; to be able to function as a successful human being; "Success begins with structure." My papa always tells me that you have to have a routine or you would go crazy. Going to school, going to work, scheduled doctors' appointments, scheduled medicines; are routines that provide you with a sense of security. To make up a routine I think it falls to three words which ironically rhyme: Sense of Self, Security, and Success. If you have a good sense of self you subconsciously make your own routine to optimize your life to fulfill your own purpose and happiness. This leads to a sense of security which helps you feel safe and secure with your life choices, which gives you the confidence to continue. Achieving a sense of self and security is necessary to have a successful outcome where you see your future ahead which makes you happy.

Why is it good to have structure? There are many good reasons to have a good structure in your life.

One reasoning being it can decrease anxiety and depression. Depression in your life can be brought into light through chaos and a disruption of order in your life, aka change. An example being: maybe you get fired, suddenly lose a relative; it causes chaos in your life disrupting the structure in your life causing you anxiety and depression. In my life I quit my job and the aftermath left me in distress wondering what my new life will be like because I took that jump. Giving yourself a solid foundation to support yourself will keep you in high spirits.

Having a good routine and a structured life can benefit your health. There are many different forms of routine; some being workout routines, eating habits, even when you sleep. Having good routines can improve your eating habits, sleeping quality, and can boost your focus; therefore, over time improving your physical well-being as well as your mental well-being. People say that when you're trying to get healthy you have to go to the gym and work out, but what some fail to say is that routine is the key part, you can't just focus on your physical without giving time to your mental. We live in a world filled with chaos, and even though it may seem tedious, your personal routine may be your little piece of comfort and safety in the chaos. So take time to make your own routine, because it might help you more than you think!



Back-to-Routine: Healthy Habits for Busy Schedules

By: Victoria H

As summer winds down and daily routines begin to pick up speed, many families find themselves juggling school, work, extracurricular activities, and household tasks all at once. It can feel overwhelming trying to manage everything while also taking care of yourself. The good news is that wellness doesn't have to mean complicated meal plans, lengthy workouts, or major lifestyle changes. Small, consistent habits can make a big difference in helping your family feel healthy, energized, and ready for whatever the day brings.

One of the easiest places to start is with simple daily routines. Creating predictable routines can help make wellness feel automatic instead of overwhelming. Consider building habits into activities you are already doing! For example, drink a glass of water while packing lunches, stretch for a few minutes while waiting for breakfast to cook, or take a quick walk around the neighborhood after dinner. These small actions over time can become an important part of your family's routine. The goal is progress, not perfection.

Nutrition can also become challenging when schedules are packed with activities and appointments. Instead of focusing on creating perfect meals, look for simple ways to make healthy choices more accessible. Keep easy grab-and-go options available, such as fresh fruit, yogurt, cheese sticks, nuts, or cut vegetables. Preparing snacks and lunches ahead of time can save valuable minutes during busy mornings. Even having a designated day to plan meals for the week can reduce stress and prevent last-minute fast-food runs. Remember, healthy eating doesn't have to be complicated.

Movement is another important part of wellness that doesn't require hours at the gym. Take family walks, have a dance party while cleaning the house,

or encourage outdoor play whenever possible. If schedules are especially busy, even a few minutes of movement throughout the day can help boost energy and improve mood. Finding activities that your family genuinely enjoys makes it much easier to stay active consistently.

While physical health often gets the most attention, mental wellness is just as important. Setting aside a few moments each day to slow down can help reduce stress for both children and adults. This might look like reading a book, listening to calming music, spending time outdoors, practicing deep breathing, or simply enjoying a quiet moment before bed. Encouraging open conversations about feelings and emotions can also help family members feel supported during stressful times. Taking care of your mind is an important part of taking care of your overall health.

Sleep is another powerful wellness tool that often gets sacrificed when schedules become hectic. Consistent bedtimes and wake-up times can help everyone feel more rested and prepared for the day. Try creating a calming evening routine that helps signal to the body that it's time to wind down. Dimming lights, reducing screen time, and engaging in quiet activities can help make bedtime smoother for both children and adults. A well-rested family is often a happier, healthier family.

The transition back into busy routines can be challenging, but it doesn't have to be overwhelming. By focusing on small wellness habits, families can create routines that support both physical and emotional health. Remember, wellness is about making small choices that help you feel your best, one day at a time. Give yourself grace as you adjust to new schedules and responsibilities. You know your family best, and every positive step counts. Most importantly, take care of yourself too. **You're doing great!**

Tips from the Networking Queen of Buffalo

By: Sophia Call

I must warn you, this article may be your wake-up call. I won't hold your hand, but I will hold you accountable. After reading, you'll be ready to attend a local networking event with disarming levels of confidence — or at least enough confidence to make a few connections.

I'm Sophia Call, the so-called Networking Queen of Buffalo and a branding and marketing professional with Philosophie Solutions, but I didn't start that way. I started out cutting my teeth marketing in real estate, but corporate wasn't for me. Between the burn out and thankless schedule, though, I did realize my passion for marketing and crystallizing others' stories. So, I did what any broke introvert would do with a dream; I left my corporate job to go freelance and attended eight or nine networking events a week to find business.

Because (tip no. 1) relentlessly showing up is what gets you connected. Even if you're drained, shy, or truly dislike people, show up. Give yourself a gold star for each conversation you have, even if you don't make a sale. Show up until they remember you — because they will.

A year and a half into my networking journey, I was dubbed the Networking Queen of Buffalo by a fellow attendee simply because I showed up to every event, from beginning to end, and she noticed. Soon enough, other networkers noticed. They messaged me, wanting to know where the next big event was, and I was their living, breathing bulletin board. Enter The Buffalo Brief. My newsletter is your one-stop shop for Buffalo's networking events. If you're unsure of where to start, that's your blueprint.



Once you're in the event — nametags and small talk galore — what do you do? Tip no. 2: You don't sell, you connect. People don't want a bunch of business info shoved in their face. Chances are that most attendees in the room are selling, so be the person who doesn't. Even if you have a really great elevator pitch, people would rather laugh with someone about their dog or their favorite TV show. Then, hand them your business card. When you show up repeatedly with genuine energy, people will remember you, then they'll recommend you to others. It's that simple.

Synergy and collaboration are important, so (tip no. 3) build a bench. Do not think about a strictly corporate bench built solely upon referrals and sales, but instead about who wants you to be successful and who will talk you up when you're not there. Your bench must be able to pitch you blindfolded because your skill set is crystal clear to them. Added bonus: having a bench means you won't have to attend every networking event known to man. You can divide and conquer.

Once you're a fully-fledged networker with an established bench and multiple leads, foster the next generation of networkers. Tip no. 4: Be a mentor, not a gatekeeper. When you spot the individual whose eyes are shyly scanning the room, but their feet are planted, approach them, bring them into your fold. People who truly want to succeed and want others to succeed are collaborators. They share resources, recommend other people and make connections. This is the point.

Now, it's your turn to make connections. You have the tools and no excuses. Go forth and network.



Success Is Not Ownership, It Is Stewardship

By: Faizan Haq, Editor-in-Chief and Publisher, Your Bliss Magazine
President & CEO, Manage Your Business LLC



My company. My employees. My customers. My success. We hear these phrases in business conversations all the time. They are so common that we rarely stop to think about them. Yet, if we pause for a moment, an important question emerges: How much of what we call "mine" truly belongs to us?

In business, it is easy to develop a sense of ownership over everything around us. We build a company from the ground up, invest our time, make sacrifices, and carry the weight of responsibility. Naturally, we begin to feel that the business is ours. However, over time, I have come to a different conclusion. Success is not ownership. It is stewardship.

A steward is someone entrusted with the care of something valuable. A CEO may hold a title, but what they truly hold is a responsibility. They are entrusted with the livelihoods of employees, the trust of customers, the confidence of investors, and the reputation of the organization. These are not possessions to be controlled. They are responsibilities to be honored.

When we shift our perspective from ownership to stewardship, our decision-making changes. Employees are no longer viewed as resources on a spreadsheet. They become people with families, ambitions, and challenges. Customers are no longer transactions. They become individuals who have placed their trust in us. Even profits take on a new meaning. Rather than becoming a measure of personal achievement, they become a tool that allows the organization to grow, serve, and create opportunities for others.

This mindset also changes how leaders approach success. Ownership often feeds the ego. Stewardship encourages humility. Ownership asks, "What can I gain?" Stewardship asks, "What am I responsible for?" One question focuses on taking; the other focuses on serving.

The reality is that none of us can build anything worthwhile entirely on our own. Every success story is supported by countless contributions from employees, mentors, family members, customers, and communities. Recognizing this truth reduces arrogance and increases gratitude.

At its deepest level, stewardship is also a spiritual principle. Regardless of one's faith tradition, there is wisdom in recognizing that our talents, opportunities, and abilities are gifts. We did not create them on our own. We have simply been entrusted with them for a period of time. When leaders embrace that perspective, they lead with greater care, humility, and purpose.

In the end, the measure of success is not how much we accumulate. It is how faithfully we care for what has been placed in our hands. That is the difference between ownership and stewardship, and that is where meaningful leadership begins.



Fall Is the Perfect Time to Start a Fitness Routine

By: Ayesha Khan

Most people wait until January to try to get fit. New Year, new you. But if that's ever backfired on you, you already know why. It's starting to get cold especially right after the holidays, with bad weather and short days working against you. It's a rough setup from the start. Fall is actually a better time to begin and here's why.

Summer heat makes outdoor workouts miserable. Winter cold and ice push everything indoors. Fall sits right in between. You can go on a run or hike without overheating or pushing against freezing temperatures.

Fall also brings back a sense of structure. Summer tends to be filled with vacations, weekend plans, late nights and inconsistent schedules. Once September and October roll around life usually starts to feel a little more predictable. So adding a workout schedule doesn't feel like an extra effort. It fits into what you're already doing.



If you decide to start in the fall you will have a few months' worth of consistency built up before November and December hit with all the holiday chaos. A habit that's a few months old holds up a lot better than one that's a few days old. You're much more likely to stick with it through the holidays if it's already normal instead of trying to start from nothing in the middle of the busiest stretch of the year.

In addition, starting to work out in the fall pushes some of the new year resolution pressure off of you. It's much easier to stay consistent when you're not surrounded by a wave of resolution people who would be gone by February. You get to build your routine at your own pace.

Fall gives you decent weather; a mindset that's already leaning toward structure and a head start before the year gets hard. If you've been waiting for a sign to start, this is probably it.

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SUN SPIN MEDIA

Media Corner: A Review of The Bombing of Pan Am 103

By: Alex Tilton

On December 21st, 1988 a bomb planted in Pan Am Flight 103 from London Heathrow to New York JFK blew up in the air over the small town (population 3,500) of Lockerbie, Scotland. The crash killed all 259 people on board and debris from the explosion killed eleven residents of the town. At the time it was the second deadliest act of aviation terrorism in history, surpassed only by the Air India Flight 182 bombing three years prior. It remains the single deadliest terrorist attack in British history.



trying to talk to the families of the victims, essentially being personally put on trial for all the grief and pain they were dealing with. Being the one who gets screamed at by angry family members of the dead must've been a brutal ordeal. The families themselves, naturally, had much greater pain but there are so many of them the show can't focus on any one of them much. There are a few that get some recurring appearances but the story focuses on the folks of Lockerbie and the investigators.

The attack exposed a number of serious security flaws in airline operations, most notably a failure to match baggage with ticketed passengers which allowed an unaccompanied piece of luggage containing a bomb to be loaded onto several different airplanes before ultimately being loaded onto Pan Am 103. X-Ray screenings did exist at the time but failed to detect the bomb. There was also a failure of intelligence sharing between various international law enforcement agencies that could have prevented the attack.

I knew some of this going in, and I learned a lot more while I was watching it. I learned a lot about how the families of the dead had to work for years to get a decent flow of information from the FBI regarding the case. I learned how the FBI and CIA withheld actionable intelligence for fear of exposing their own operatives and thus compromising US national security. I learned about what it took to finally get tougher security screenings enforced as a routine procedure. But mostly I learned about the horrific impact this attack had on the tiny Scottish town it (literally) landed on.

A major theme throughout is how the Scottish investigators had to negotiate, beg and push back against the CIA and the FBI just to gather the evidence needed to prosecute the murder of their own citizens. Competing interests don't stop competing just because there are bodies on the ground.

So what about the show itself? Is it well done? Yes, quite well done in fact. My cynical expectation going into a show like this is that it might shamelessly milk human misery for dramatic tension. But that didn't happen. The overall tone of the show is extremely sober, reflective and professional. It's also quite uncomfortable in places. There are scenes depicting angry family members demanding answers that the FBI either doesn't have or isn't able to give due to national security concerns. I actually felt bad for FBI Special Agent Dick Marquise, standing up at a podium

I also liked that the show spent some time on the difficulty of making a viable prosecution of the eventual suspects. The pressure on the prosecutors must've been astronomical. They had to get a guilty verdict using evidence pieced together over the course of a decade, work with witnesses whose memories couldn't possibly be as sharp in the present as they were ten years ago, and then build a compelling argument with fragments of bombed out debris as their best physical evidence.

As per usual, the show is very nice looking and very well crafted in all technical respects. The story is (as far as I can tell) extremely faithful to the real events, with minimal dramatic license taken to make it into watchable television.

I looked up other reviews and I saw the same thing repeated over and over again. Reviewers praised the show for its respectful handling of the subject matter, its shunning of cheap sensationalism and its treatment of the everyday people affected by the attack and how this event upended their lives.

Nobody is made out to be a superhero. Nobody is made out to be a martyr. The Libyan intelligence agents who carried out the bombing are mostly unseen peripheral characters until the very end, and their motives are clearly explained. (Libyan dictator Muammar al-Qaddafi ordered the bombing as payback for various American military strikes against Libya). This gives the narrative a clear focus without turning it into a shamefully exploitative action adventure.

So this one gets high marks from me. I hesitate to give it a numerical score or a letter grade because the subject matter is extremely serious and real, but if I had to, I would say 9.5/10. Telling a true story in a compelling way while remaining respectful and refraining from sensationalism is hard to do. But *The Bombing of Pan Am 103* demonstrates that it can indeed work.

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A Doctor's Guide to Healthy Aging

By: Dr. Riffat Sadiq, CEO, WNY Medical PC, Channel Creator

As a physician, in my perspective healthy aging is about maintaining a lifestyle that helps one to live longer. Aging is a part of life along with getting older. If a person adopts healthy habits, it can help them remain engaged and active.

Performing physical activities regularly, such as stretching, walking, and strength training, contributes to retaining muscle strength and mobility. Following a diet plan that is balanced, having vegetables, fruits,

proteins and whole grain in it. Hydration is a key element and is an equally important factor in one's life.

I recommend my patients to have routine medical checkups as it helps in diagnosing any conditions effectively. Mental wellness should also be considered as important as physical wellness. One should have a strong connection with family and friends and maintain a positive perspective about their life.

Usually for aging adults my advice is to eat well, have their checkups regularly, stay active, have strong bonds with people around them and always talk to their doctors if something seems off.

"Healthy aging leads to a quality of life."

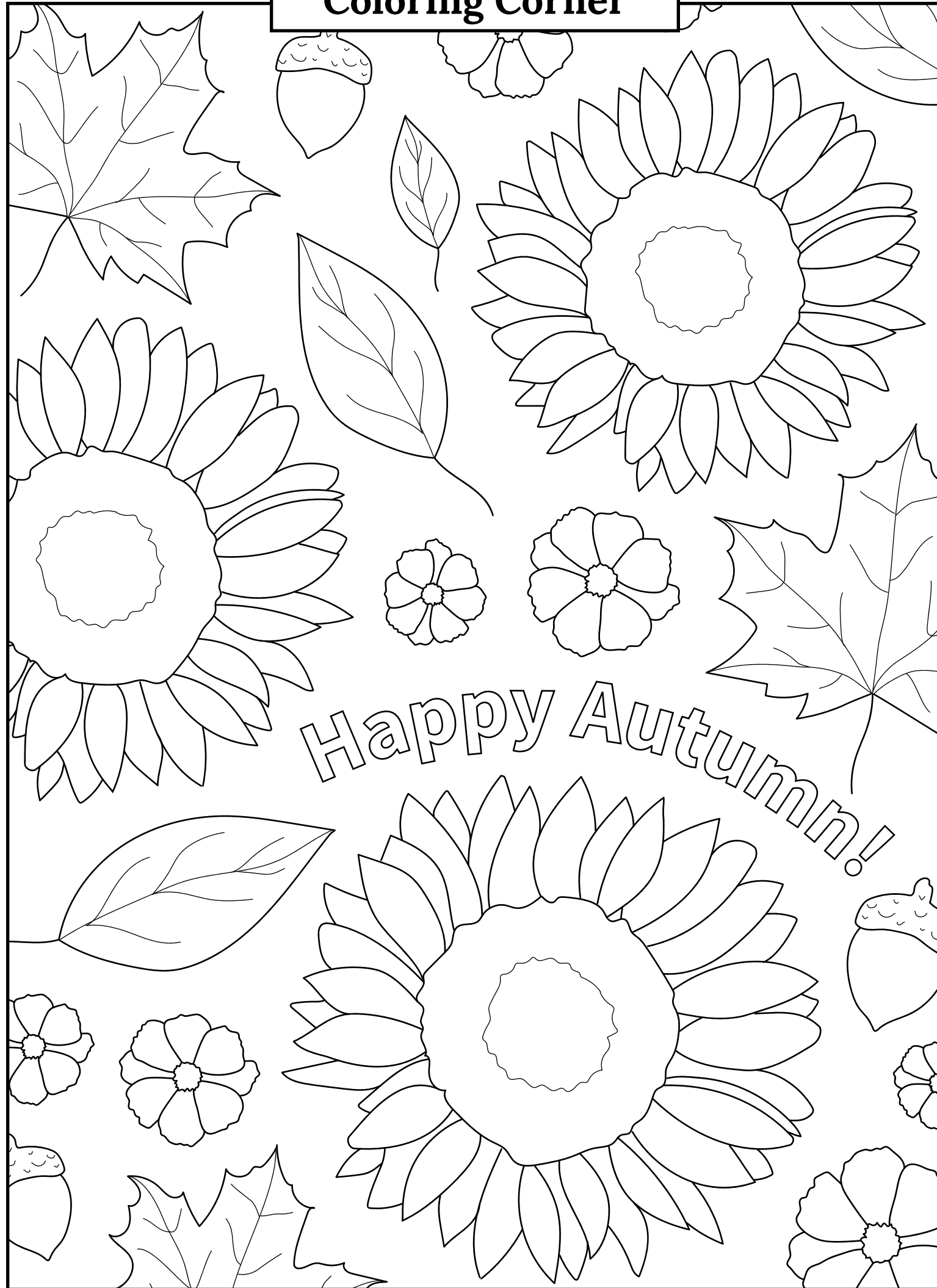


Dr. Riffat Sadiq: Restoring Self

Want more tips on improving your wellness and restoring yourself? Watch and subscribe to Dr Sadiq's videos on YouTube, DrRSMD.



Coloring Corner



Chickpea Meal Prep Bowls

greenhealthycooking.com

Time:
20 mins
Servings: 4



Ingredients:

- 1 cauliflower
- 2 eggplants
- 2-3 zucchinis
- 1 red bell pepper
- 1 red onion
- 1-3 cloves of garlic
- 1 lbs baby potatoes
- 8 thin slices of prosciutto
- 2 cups cooked chickpeas
- 1 tsp curry powder
- 1/2 tsp garlic powder
- 2 tbsp olive oil
- 2 oz feta cheese
- sea salt
- pepper
- cilantro

Directions

- 1) Preheat oven to 450F.
- 2) Chop all vegetables & garlic.
- 3) Add everything to a baking sheet with olive oil, sea salt, & pepper.
- 4) On a separate baking sheet spread out drained chickpeas. Add olive oil, curry powder, garlic powder, sea salt, and pepper.
- 5) Add prosciutto to the chickpea baking sheet & roast both baking sheets for 20 minutes.
- 6) In the meantime cook the baby potatoes.
- 7) Lastly divide everything into 4 containers. Sprinkle with feta & cilantro.



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