

Winter 2020–2021 Newsletter



LIVWELL FOR YOUR HEART PROGRAM VIDEO

Back in October, we filmed a video for the LiveWell for your Heart program! This video highlights some of the amazing outcomes this program has created.

Thank you to those who participated! Here's the link to the video!

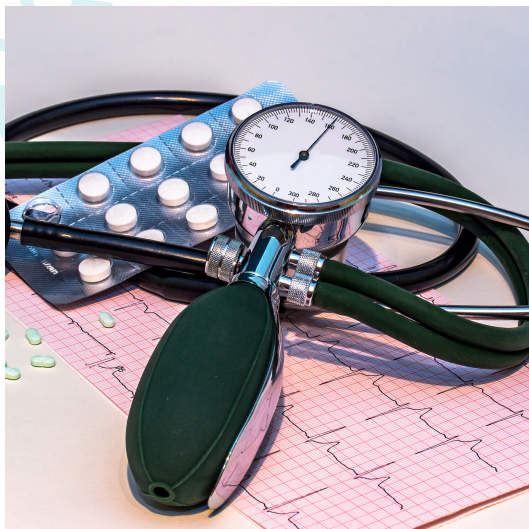
<https://www.livewell4health.org/livewell-for-your-heart>

FEBRUARY IS AMERICAN HEART MONTH

Creating healthy habits is easier said than done, but it's well worth it for your health! This month try:

- Going salt-free for 1 day
- Swap dessert for fruit
- Get your blood pressure checked
- Eat vegetarian for 1 day
- Practice mindful meditation for 15 minutes
- Do 1 minute of squats

If you are interested in learning more about what you can do to have a healthy heart, check out the National Heart, Lung, and Blood Institute website.



LAST CALL FOR CLASSES AND SCREENINGS

April 30th is the last day for heart age screenings. It has been a fun ride the last 3 years and we have enjoyed getting to know you! Some screenings are being done over the phone, so if you haven't already been screened for year 3, you will be receiving a call. Some screenings are being done at Baldwin Family Health Care. If you have an upcoming appointment there, that is most likely when you will be screened.

This is also your last opportunity to participate in **FREE** classes to improve your health. This includes the Diabetes Prevention Program, Tobacco Cessation, and FIT4U.

Here are some quotes from past FIT4U participants:

"This is the first class that I have taken that I don't want it to ever end. I have learned things I have never even thought of before."

"Enjoyed the class, learned a lot. Helped me to set goals and gave me the tools to reach them."

Upcoming FIT 4 U (Weight Management Program)

8 Week Program - February 2, 2021 through March 23, 2021
Tuesdays from 4-5pm – VIRTUAL Meetings (phone or computer)

- One-on-one evaluation before and after program with registered dietitian
- 8 group sessions led by our registered dietitian and health coach
- Personalized health coaching
- Exercise instruction
- Grocery store tour
- Label reading

To register call 231-592-4204



BROCCOLI POTATO SOUP

Directions:

1. Wash hands
2. Combine broccoli, onion, and broth in large sauce pan
3. Bring to boil
4. Reduce heat. Cover and simmer about 10 minutes
5. Add milk to soup, slowly stir in potatoes
6. Cook, stirring constantly, until bubbly and thickened
7. Season with salt and pepper; stir in a little more milk or water if soup becomes too thick
8. Pour into serving bowls
9. Sprinkle about 1 Tablespoon of cheese over each serving

Ingredients:

- 4 cups broccoli (chopped)
- 1 onion (small, chopped)
- 4 cups low sodium chicken or vegetable broth
- 1 cup evaporated milk, non fat
- 1 cup instant mashed potatoes
- Salt and pepper to taste, optional
- 1/4 cup shredded cheddar cheese