WINONA HEALTH EDUCATION

SESSION: HEADACHES
When: Tuesday, March 31st
Time: 3:00-4:00pm
Where: IWC 145
Speaker: Travis Kramolis, DPT from Winona Health
*Raffle prize yet to be determined

FAMILY ROCK CLIMBING EVENT
When: Sunday, April 12th
Time: 2:00 pm
Where: Sugar Loaf
To Bring: Non-Restrictive Clothing
RSVP by Thursday April 9th at 5 pm:
Name and number of attendees to Jennifer Drews at jdrews11@winona.edu

DID YOU KNOW?

YOGA FIGHTS STRESS AND FINDS SERENITY

Yoga is a mind-body practice that combines stretching exercises controlled breathing and relaxation. Fun Fact: yoga can help reduce stress, lower blood pressure and improve heart function. Yoga enhances your mood and overall sense of well-being. It also improves your fitness, improves balance, flexibility, range of motion and strength. It focuses on breathing which signifies your vital energy. By controlling your breathing you can control your body and quiet your mind.

STRESS FACTS

1. 3/4 of the human population undergo stress in varying levels in a 2 week period.
2. Stress is one of the main causes of insomnia and other sleep disorders.
3. Laughter is usually the best natural medicine.
5. Stress causes chest pain, high cholesterol, cardiac problems, depression and varies other problems.
6. Stress can trigger blood vessels to close and cause a blood clot.
7. Approximately 5 million people are stressed in their jobs.
8. Stress poses a great threat for diabetes and heart attack by altering blood sugar levels.
9. Cocoa and chocolate have been known to reduce stress.


STRESS MANAGEMENT

1. Asparagus
2. Avocados
3. Berries
4. Cashews
5. Chamomile Tea
6. Dark Chocolate
7. Garlic
8. Green Tea
9. Oatmeal
10. Oranges
11. Oysters
12. Walnuts

FROM AMERICAN DIABETES ASSOCIATION~

Turkey and Avocado Wrap
1/2 avocado
2 tablespoons plain fat-free greek yogurt
4 large low-carb tortillas
12 ounces low-sodium, deli-style turkey breast
4 teaspoons sunflower seeds
1 tomato, sliced
1 cup shredded lettuce

1. In a small bowl, mix together avocado and greek yogurt
2. Spread avocado mixture evenly onto 4 tortillas
3. Top each tortilla with 3 ounces turkey, 1 teaspoon sunflower seeds, 2 slices tomato and 1/4 cup of lettuce.