



Employee Wellness Program

Date: 10/23/2014

According to Winona States "Seven Dimensions of Wellness,"

PHYSICAL WELLNESS

is achieved by eating well, exercising, avoiding harmful habits, getting enough sleep, recognizing the signs of disease, getting regular physical exams and taking steps to prevent injury.

SEVEN TIPS TO REDUCE YOUR CANCER RISK:

1. Don't use tobacco
2. Eat a healthy diet
3. Maintain a healthy weight and be physically active
4. Protect yourself from the sun
5. Get immunized
6. Avoid risky behaviors
7. Get regular medical care

CANCER PREVENTION: 7 TIPS TO REDUCE YOUR RISK. (2012, DECEMBER 12). HEALTHY LIFESTYLE: ADULT HEALTH. RETRIEVED OCTOBER 21, 2014, FROM [HTTP://WWW.MAYOCLINIC.ORG/HEALTHY-LIVING/ADULTHEALTH/IN-DEPTH/CANCER-PREVENTION](http://www.mayoclinic.org/healthy-living/adulthealth/in-depth/cancer-prevention)

WINONA HEALTH EDUCATION

SESSION: KNEE PAIN

When: Tuesday, October 28th

Time: 12:30-1:30pm

Where: IWC 145

Speaker: Travis Kramolis, DPT for Winona Health

*There will be a raffle for a free masage if you attend!

BREAST CANCER AWARENESS MONTH

DID YOU KNOW...

- About 1 in 8 U.S. women (about 12%) will develop invasive breast cancer over the course of her lifetime.
- About 2,360 new cases of invasive breast cancer were expected to be diagnosed in men in 2014. A man's lifetime risk of breast cancer is about 1 in 1,000.
- About 85% of breast cancers occur in women who have no family history of breast cancer. These occur due to genetic mutations that happen as a result of the aging process and life in general, rather than inherited mutations.

U.S. Breast Cancer Statistics. (2014, September 20). Breastcancer.org. Retrieved October 21, 2014, from http://www.breastcancer.org/symptoms/understand_bc/statistics

BREAST CANCER TESTIMONY

Many, if not all of us have been affected by breast cancer in some way, shape, or form. Because October is "National Breast Cancer Awareness Month," I found it fitting to share with you a piece of my grandmother's story, and the impact that it has had on my family. My grandma, Judy Ryan, was diagnosed with breast cancer in 1990. She battled cancer for two years and lost her fight in 1992, at 54 years of age. Though I never had the blessing of meeting my grandmother, my mom has shared with me that she was nothing shy of a superhero. Losing my grandma has made my family recognize how important it is to make our health a priority. Together, we have taken preventative measures such as improved eating habits, frequent workouts, and periodic medical exams. Most importantly, we have been inspired to raise awareness for breast cancer through running an annual 5k together, in memory of my grandma. I share my story with you in hopes that you are challenged to adhere to a healthy lifestyle as well as encouraged to increase awareness of an illness, disease, etc. that you have been personally affected by. ~Naomi Pahl

~From "Pink Ribbon Cooking"~

THAI GARLIC AND PEPPER CHICKEN

- 1 pound chicken breast, sliced thinly across the breast
- ½ cup garlic cloves, peeled, smashed -4 teaspoons brown sugar
- 1 ½ teaspoon white pepper, ground
- 3 teaspoons fish sauce
- 4 tablespoons coconut oil or canola oil
- 2-3 tablespoons water
- 1 cup cilantro leaves

1. In a large skillet set over medium high heat heat the coconut or canola oil until very hot. Add the garlic, stirring constantly so it doesn't burn. When slightly golden brown, add the chicken. Cook until slightly golden brown, stirring every so often.
2. When the chicken is cooked through add the palm sugar, fish sauce and pepper. Mix well to combine. Cook for another minute or two. If the pan gets dry add some water, a tablespoon at a time until the liquid lightly coats the chicken.
3. Serve on steamed jasmine rice and garnish with the fresh cilantro leaves and a lime wedge or two (optional).