

Warrick Wellness Team News

WCSC

5/1/2016

Edition 1, Volume 3

May Health Observances:

- ALS Awareness
- Arthritis Awareness
- Better Sleep Month
- Employee Health and Fitness Month
- Melanoma/Skin Care Detection Month
- National Stroke Awareness Month
- Healthy Vision Month
- Mental Health Month
- National Osteoporosis Awareness and Prevention Month



Wellness Quote

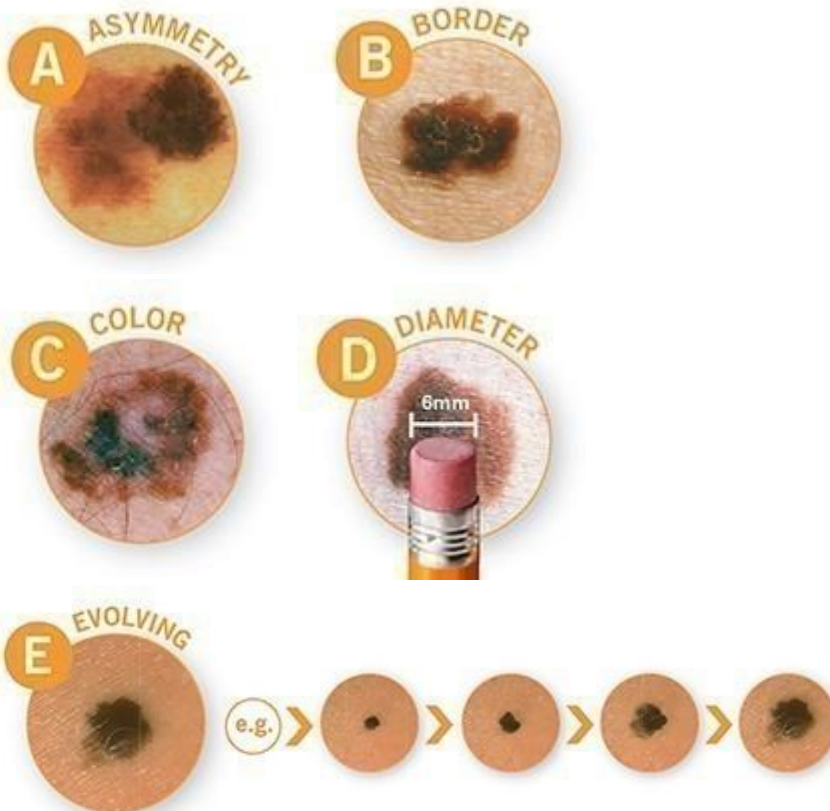
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"Treat yourself as you would treat others."

It sounds simple, but often we aren't as kind to ourselves as we would be to a good friend or family member. Keep this in mind and give yourself a break this month.

Highlight- Melanoma/Skin Care Detection.

What to look for: ABCDEs of melanoma.



Need Extra Motivation and Accountability?

Contact your Wellness Coach-
Gretchen Riddle

Email:

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Phone: 812-518-0577



**May
Upcoming
Races/Walks**
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Rockin Run

5/13/16

Sunset Park, Evansville, IN
Rockin Run STARTS 7:45pm

Relay for Life Warrick County

CSMS, 5/14/16, 10am-10pm

YMCA Kids Triathlon

USI, 5/14/2016, 2pm

**River Run 5 mile, 12K and 10
mile, Evansville**

5/21/2016, 7am

**Harmonie Trail Full/Half
Marathon, New Harmony**

5/28/2016, 6am

**Memorial Day 5K/Walk and
Festival at Garvin Park!**

Evansville, IN
5/30/16 8am-2pm

Redhawks Memorial Day 5K
Evansville, IN National Guard
Armory, 5/30/16, 9am



Fish Tacos with Corn Salsa Recipe

By Dawn Jackson Blatner, RDN, CSSD (eatright.org)

Ingredients:

12 ounces white fish fillet (such as tilapia)

Cooking spray

¼ teaspoon sea salt

¼ teaspoon black pepper

1 cup prepared salsa or pico de gallo

½ cup frozen corn, thawed

12 corn tortillas, warmed

2 cups pre-shredded slaw (cabbage, red cabbage, carrots)

1 avocado, sliced

¼ cup fresh lime juice (about 2 limes)

Directions:

Preheat broiler. Mist fish with cooking spray, season with salt and pepper and place on foil-lined baking sheet.

Broil fish for about 8 minutes, until its internal temperature reaches 145°F. Cut cooked fish into strips.

Mix salsa with corn. Serve cooked fish in tortillas topped with corn salsa, broccoli slaw and avocado. Drizzle with lime juice.

Nutrition Information: Serving size: 3 tacos, Serves 4

Calories: 390; Total fat: 11g; Saturated fat: 2g; Trans fat: 0g; Cholesterol: 45mg; Sodium 380mg; Total carbohydrate: 54g; Dietary fiber: 9g; Sugars: 6g; Protein: 23g; Vitamin A: 15%; Vitamin C: 40%; Calcium: 15%; Iron: 10%

