

May 2011



May Flowers



National Health Observances for  
 May  
 Visit the links below for more information

Arthritis Awareness Month  
[www.arthritis.org](http://www.arthritis.org)

Employee Health and Fitness Month  
[physicalfitness.org/nehf.html](http://physicalfitness.org/nehf.html)

Hepatitis Awareness Month  
[www.hepatitisfoundation.org](http://www.hepatitisfoundation.org)

Healthy Vision Month  
[www.healthyvision2010.nei.nih.gov/hvm](http://www.healthyvision2010.nei.nih.gov/hvm)

Melanoma/Skin Cancer Detection and Prevention  
 Month  
[www.melanomamonday.org](http://www.melanomamonday.org)



## 2011 ANNUAL EMPLOYEE HEALTH FAIR

**JUNE 2<sup>ND</sup>**  
 SCHULTZ CENTER  
 11:00-5:00

- HEALTH SCREENINGS
  - FOOD
  - GIVE AWAYS

## DIABETES PROGRAM

This program is for people with diabetes and is designed to help you feel your best and save money!

- **FREE** diabetic-related generic prescription medications (cholesterol, blood pressure and diabetic)
- **FREE** approved diabetic supplies (needles and syringes)
- **FREE** insulin
- **FREE** ongoing support from nurse health educators

Please contact Pat Lewis at 904-390-2323



# Healthy Pre-dinner Snacks

*By Maureen Callahan*

**Dinner's at eight, but you just can't wait. A healthy snack will tide you over.**

## **Cashew-Strawberry Crunch**

Think of this as a gourmet cook's PB & J. Spread 1 tablespoon of cashew butter on a slice of Ryvita Fruit Crunch. (Or substitute peanut butter and Triscuits.) Drizzle with ½ tablespoon honey and top with sliced strawberries.

**Health bonus:** Nut butters are full of heart-healthy monounsaturated fats.



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## **One-Minute Antipasto Plate**

Roll a thin slice of prosciutto or ham around a part-skim mozzarella string cheese. Eat with a few olives and grapes, or add roasted bell peppers (from a jar) drizzled with balsamic vinegar.

**Health bonus:** Contains almost a quarter of a woman's 1,000-milligram recommended daily allowance for calcium

