



Health Education June Wellness Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Recipe of the Month
Diabetes Support Group June 5 noon-1:30 p.m. Denali Room	Lose to Win* 11:30 a.m.-1 p.m. Denali Room Quit Tobacco Learning Circle* 1-3 p.m. <i>pre-registration required</i>	Toddler Time 10-10:50 a.m. <i>Check in at the front desk</i> Snuggle Time Noon-1 p.m. Denali Room <i>Check in at the front desk</i>	Dinner Makes a Difference 5-6 p.m. Demonstration Kitchen Diabetes Education Class* June 15 Noon-1:30 p.m. Denali Room Quit Tobacco Learning Circle* 1-3 p.m. <i>pre-registration required</i> Rest and Refresh Noon-1 p.m. Spur Studio	Healthy Fun Fridays 11:30 a.m.-1:00 p.m. Main Lobby	Recipe of the Month Campfire dinner: Salmon and potato foil packets This recipe will be prepared and taught at our Dinner Makes a Difference class on June 1. <i>See back of page for recipe!</i>

*Pre-registration is required before participation. Call (907) 729-2689 to register.

Activities are open to Southcentral Foundation employees, family members, customer-owners, and Alaska Native Tribal Health Consortium employees.

Highlights

National Men's Health Week June 12-18 | Healthy Habits Challenge through June (details on back) | Woman's Run with Team SCF | Dinner Makes a Difference - Healthy Proteins

For more information, please contact:

Health Education

Mt. Marathon Building
 4201 Tudor Centre Drive
 (907) 729-2689
southcentralfoundation.com



Healthy Habits Challenge

Learning Circle Opportunity

Win a Fitbit



June

My AK Wellness Online

Complete weekly challenges, log them online, and be entered to win a Fitbit.

Don't have My AK Wellness? Signing up is quick; visit <https://myakwellness.cernerwellness.com> and click *I need an account*. For account issues, email scfhedcernerwellnesscommittee@southcentralfoundation.com

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Recipe of the Month

Campfire Dinner

Salmon & Potato Foil Packets

Ingredients:

- 1 medium potato, sliced into very thin rounds about 1/16th- inch thick, divided
- 4 tablespoons olive oil, divided
- 2 salmon filets, about 6 ounces each
- 1 large orange, halved
- 1 lemon, halved
- pepper to taste

Directions:

Preheat oven to 400°F. In a 12-inch long sheet of foil, add half the potato slices in a pile in the center of foil. Slightly fan out the potatoes so air can circulate. Evenly drizzle the potatoes with about 1 tablespoon of olive oil, season with pepper, and repeat process with another sheet of foil and the remaining potato slices. Top each pile of potatoes with one salmon filet. Evenly drizzle each salmon filet with about 1 tablespoon olive oil. Squeeze half the juice of the orange over one salmon filet and half the juice over the other filet. Squeeze half the juice of the lemon over one salmon filet and half the juice over the other filet. Season each salmon filet with pepper. Seal foil packets, making sure to tightly crimp the seams so the olive oil and citrus juices don't leak. Place packets on baking sheet and bake for about 25 to 30 minutes. Carefully open one packet to check for doneness of both salmon and potatoes, and if necessary, return to the oven for an additional 5 minutes, or until done.

Source: www.averiecooks.com

