



Health Education May Wellness Activities

Monday

Quit Tobacco Class*

Noon – 2 p.m.
ANPCC

Closed 5/27/19

Tuesday

Quit Tobacco Class*

1 – 3 p.m.
ANPCC

Wednesday

Toddler Time

10 – 10:50 a.m.
Mt. Marathon Building

Snuggle Time

Noon – 1 p.m.
Mt. Marathon Building

Birthing Basics*

May 1, 8
3 – 5 p.m.
Mt. Marathon Building
Denali room

Power of Hope Cancer and Educational Social Group Luncheon

May 22
Noon – 1 p.m.
Mt. Marathon Building

Thursday

My AK Wellness

1 – 2 p.m.
ANPCC Lobby

Getting to Know Alaskan Plants*

May 9, 23
10 a.m. – Noon
Mt. Marathon Building
Denali room

Friday

Dinner Makes a Difference

Drop-in any time between:
11 a.m. – 1 p.m.
ANPCC room 1127 – 1129

World No Tobacco Day

May 31
11 a.m. – 1 p.m.
ANPCC Lobby
Please join us to celebrate World No Tobacco day. There will be fun activities and an opportunity to win fishing gear if you complete a pledge.

Highlights

Bike to Work Day

May 17
6:30 – 8:30 a.m.
Please stop by the Southcentral Foundation Bike to Work Day blueberry stand at Elmore and Tudor for coffee and blueberry breakfast treats.

Bike Blessing

May 17
Noon – 1 p.m.
Blessing of the bikes between ANPCC and the parking garage. Spa water refreshments will be available.

*Pre-registration is required before participation in learning circle. Call (907) 729-2689 to register. Activities are open to SCF and ANTHC employees, family members, and customer-owners. Understanding Pregnancy class is available by appointment only; call (907) 729-2689 to schedule.



Health Education | (907) 729-2689 | southcentralfoundation.com





HEALTHY HABITS CHALLENGE

My Alaska Wellness Challenge:

Log biking or cycling on My Ak Wellness for a chance to win a health incentive.

Recipe of the Month

Garden Sloppy Joes.

Ingredients:

- 1 medium onion, chopped
- 1 carrot, chopped or shredded
- 1 green pepper, chopped
- 1 pound lean ground meat (15% fat) (turkey, chicken, or beef)
- 1 can (8-ounces), tomato sauce
- 1 can (15-ounces) whole tomatoes, crushed
- 1 can (8-ounces) mushrooms or 1/2 pound chopped fresh mushrooms
- 1/4 cup barbecue sauce
- 6 whole wheat buns

Directions:

1. Sauté onions, carrots, green pepper, and ground meat in a 2 — 3 quart saucepan over medium-high heat for 5 minutes.
2. Add tomato sauce, crushed tomatoes, mushrooms, and barbecue sauce.
3. Bring to a boil.
4. Reduce heat and simmer for 15 — 20 minutes or until thick, stirring occasionally.
5. Toast buns if desired. Spoon sauce over bun halves.
6. Makes 12 single, open-faced sandwiches.

Nutritional Information (per ½ bun serving):

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|--------------------|------------------------|
| Calories 140 | Sodium 230mg |
| Total Fat 2.5g | Total Carbohydrate 19g |
| Saturated Fat 0.5g | Dietary Fiber 3g |
| Trans Fat 0g | Sugars 6g |
| Cholesterol 20mg | Protein 10g |

Source: foodhero.org