



SPINACH CAPRESE SALAD

- 1 C. SPINACH
- 1 LARGE TOMATO, SLICED 3/4 INCH
- 1 BALL OF MOZZARELLA
- 2 TBSP BASIL
- 1 TBSP OLIVE OIL
- 2 TBSP BALSAMIC VINEGAR

SPREAD SPINACH ON PLATE.

PLACE SLICES OF TOMATO AND MOZZARELLA ON SPINACH.

SPRINKLE WITH BASIL.

DRIZZLE WITH OLIVE OIL AND BALSAMIC VINEGAR.

SOURCE: ALLRECIPES

FOR MORE INFO ON THE LIVE WELL, BE WELL PROGRAM AND EVENTS, CONTACT: CALL 734-240-7800 OR EMAIL

LiveWell_BeWell@monroemi.org



Individual Coaching

We offer free wellness sessions with a Registered Dietitian or Health Educator on a variety of health topics to serve you

FREE

734-240-7800
 By appointment only

Grocery Store Tour Monroe Kroger

Date: August 9th
Location: Kroger
 850 S. Monroe St.
 Monroe
Time: 3:00 PM-4:00 PM

Pre-registration required
 Call 734-240-7800



CAR SEAT CHECKS

By appointment only;
 Please allow at least 30 minutes per car seat



Contact
 Jamie Eathorne, MPH
 Certified Child Passenger
 Safety Technician
 734-240-7867

Join us to explore new ways for incorporating physical activity into your daily lifestyle and learn the benefits of regular exercise for your physical and mental health.



Fitness Facts

Ash Senior Center
 700 Carleton-Rockwood, Carleton
 Monday, July 10th
 12:25 p.m. - 1:00 p.m.

Orchard Senior Center
 120 Eastchester St., Monroe
 Monday, July 17th
 12:00 p.m. - 12:30 p.m.

Berlin Senior Center
 5676 Carleton Rockwood, S. Rockwood
 Tuesday, July 18th
 11:00 a.m. - 11:30 a.m.

Monroe Senior Center
 15275 S. Dixie Hwy., Monroe
 Thursday, July 20th
 11:45 a.m. - 12:15 p.m.

Dundee Senior Center
 284 W. Monroe St., Dundee
 Wednesday, July 26th
 11:30 a.m. - 12:00 p.m.

Milan Senior Center
 45 Neckel Ct., Milan
 Monday, July 31st
 11:05 a.m. - 11:45 a.m.

*Monroe Co. Opportunity Program
 1140 S. Telegraph Rd., Monroe
 Wednesday, August 2nd
 8:30 a.m. - 11:30 a.m.

Sullivan Senior Citizen Group
 13613 Tuttlehill Rd., Milan
 Thursday, August 3rd
 11:45 a.m. - 12:15 p.m.

*YMCA
 1111 W. Elm Ave., Monroe
 Wednesday, August 9th
 9:00 a.m. - 11:00 a.m.

Goodwill
 255 N. Telegraph Rd., Monroe
 Thursday, August 10th
 9:30 a.m. - 10:30 a.m.

Bedford Senior Center
 1653 Samaria Rd., Temperance
 Tuesday, August 15th
 11:45 a.m. - 12:15 p.m.

Frenchtown Senior Center
 2786 Vivian Rd., Monroe
 Wednesday, August 16th
 11:45 a.m. - 12:45 p.m.

Water Tower Park Senior Group
 11345 Harold Dr., Luna Pier
 Thursday, August 17th
 11:45 a.m. - 12:15 p.m.

*These sites will be providing information only.

