

Healthy Herald

VOLUME 5, ISSUE 2

FEBRUARY 2018

CPR

Infant CPR, Safety & Care

Free course covers infant CPR, choking and general safety

Date: February 14, 2018

Time: 5:00 p.m.—7:00 p.m.

Location: Monroe County Health Department

Price: Free to anyone over 14 (Registration required)

Adult and Child CPR/AED

Receive an American Heart Association® CPR card valid for 2 years and workbook

Date: February 28, 2018

Time: 5:00 p.m.—7:00 p.m.

Location: Monroe County Health Department

Price: \$35.00 per person (Registration required)

Grocery Store Tour: Healthy Eating on a Budget

Join Emily Stabile, RD to learn tips for filling your grocery cart with healthy foods while on a budget



Date: February 28, 2018

Time: 10:00 a.m.—11:00 a.m.

Location: Dundee Kroger
571 E Monroe St., Dundee

Price: Free!
(Registration required)

Mall Walk

Stop by our table to have your blood glucose checked before and after you walk

Date: February 21, 2018

Time: 8:00 a.m.—10:00 a.m.

Location: Mall of Monroe

Price: Free!

Living With Diabetes: Staying Healthy This Winter

Review important elements of keeping your immune system strong and your body healthy

Date: February 21, 2018

Time: 7:00 p.m.—8:30 p.m.

Location: Monroe Home Care Shoppe

Price: Free!

To register, call 734-240-7800 or email LiveWell_BeWell@monroemi.org

FIBER AND WHOLE GRAINS PRESENTATIONS

Free and Open to the Public!

Learn what foods contain fiber and the benefits of consuming them. Also learn how to identify whole grains v. refined grains, as well as transition from refined to more whole grains in your meals and snacks.

Goodwill Training Center
Tuesday, February 6th
10:00 a.m. - 10:45 a.m.

Frenchtown Senior Center
Wednesday, February 21st
11:45 a.m. - 12:45 p.m.

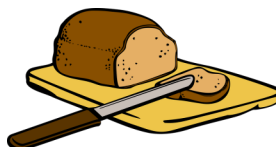
MCOP*
Wednesday, February 7th
8:30 a.m. - 11:30 a.m.

Milan Senior Center
Monday, February 26th
11:05 a.m. - 11:45 a.m.

Orchard Senior Group
Monday, February 12th
12:00 p.m. - 12:30 p.m.

Berlin Senior Group
Tuesday, February 27th
11:15 a.m. - 11:45 a.m.

*This site will have nutrition information available only



Bluey Smoothie Recipe

Celebrate Valentine's Day with this sweet and healthy treat!



- 1 cup frozen blueberries
- 2 cups frozen peach slices
- 2 cups packed, fresh spinach
- 1 cup fat-free milk
- 1 tsp honey

1. Into a blender, add all the ingredients
2. Blend until the mixture is smooth, about 1 to 2 minutes, stopping to scrape down mixture if needed
3. Pour into 2 glasses and serve

Per serving (serves 2): 179 calories, 2g fat, 76mg sodium, 36g carbohydrate, 7g fiber, 7g protein

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