

National  
Salad  
Month!

## Spinach and Citrus Salad



Source: Nutrition  
Education and Obesity  
Prevention Branch  
(California Department of  
Public Health)

- 3 cups spinach, washed
- 3 oranges peeled and broken into sections or sliced
- 3 Tbsp. sliced almonds
- ¼ cup dried cranberries
- 1 Tbsp. vegetable oil
- 3 Tbsp. 100% orange juice
- 2 Tbsp. rice vinegar

1. In a serving bowl, combine spinach, oranges, almonds, and cranberries.

2. In a bowl, whisk together vegetable oil, orange juice, and rice vinegar for the dressing.

3. Toss salad with dressing and serve.

Per serving (1 cup):  
150 calories, 4 g fat,  
21 g carbs, 4 g fiber, 3 g  
protein, 20 mg sodium



## May Events

### CPR CLASSES

May 8:

#### Infant CPR, Safety & Care

5:00 PM—7:00 PM

Monroe County Health Department

Free to anyone 14 and older

**Space is limited; please pre-register**

May 22:

#### Adult & Child CPR/AED

5:00 PM—7:00 PM

Monroe County Health Department

\$35 cost

(includes AHA card and workbook)

**Space is limited; please pre-register**

### COMMUNITY EVENTS

May 15:

#### Mall Walk & Talk

8:00 AM—10:00 AM

The Mall of Monroe

May 15:

#### Living With Diabetes— Pharmacist Guest Speaker

6:00 PM—7:30 PM

Monroe Home Care Shoppe

Michelle Schroeder, PharmD, RPh,  
BCACP, CDE of the University of Toledo  
will join us for a discussion of medications  
for individuals with diabetes.

To pre-register for events, call 734-240-7800 or email  
[LiveWell\\_BeWell@monroemi.org](mailto:LiveWell_BeWell@monroemi.org)

### May 12-18 is National Women's Health Week!

During National Women's Health Week each year, millions of women take steps to improve their health. The week serves as a reminder for women to make their health a priority and build positive health habits for life.

**To improve your physical and mental health, you can:**

- Visit a doctor or nurse for a well-woman visit (checkup) and preventive screenings.
- Get active.
- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.
- Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet.



To learn more, visit  
[www.womenshealth.gov/nwhw](http://www.womenshealth.gov/nwhw)

Source: U.S. Department of Health  
and Human Services' Office on  
Women's Health