

SUMMER 2021 NEWSLETTER



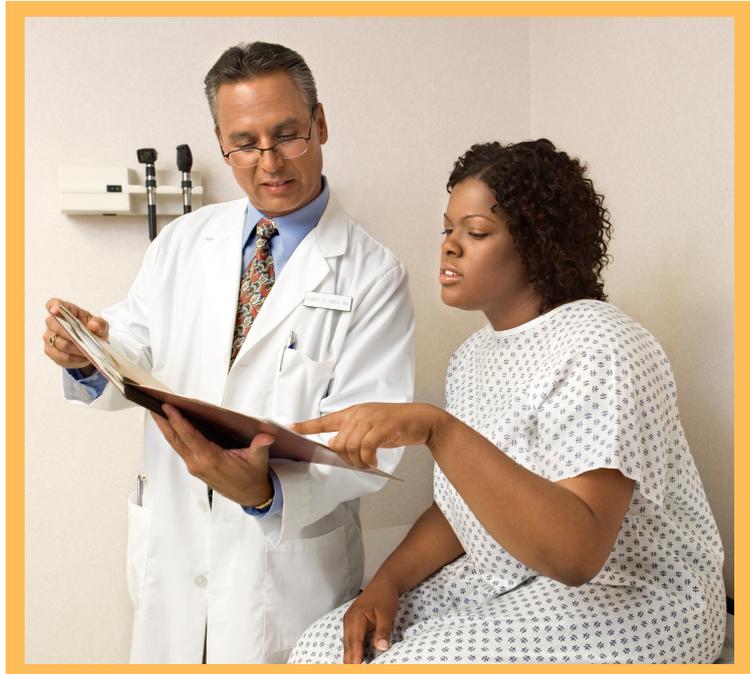
## Good News!

The 3rd and final year for the LiveWell for Your Heart screenings have been extended.

If you haven't already, you will be contacted to complete the 10-15 minute screening over the phone. If you choose to participate you will receive a \$20 gas card.

If you would like to participate please contact:

Lacey Morris  
231-305-8673  
or  
Sarah Green  
231-368-1057



## May is National Stroke Awareness Month

Know the symptoms of stroke and how to respond quickly to help save a life.

- Face – By asking the person to smile you can tell immediately if one side of the face droops.
- Arm – Ask the person to raise both arms. Observe to see if one arm drifts lower than the other.
- Speech – Slurred speech is a symptom of stroke. Ask the person to repeat a single sentence.
- Time – Call 911-Fast. Time may be the difference between life and death or even partial and full recovery.

# WATERMELON SALSA



## Ingredients:

- Lime juice - 2 tablespoons
- Medium onion - 1/2 cup chopped
- Red bell pepper - 1/2 cup chopped
- Vegetable oil - 1 teaspoon
- Watermelon - 3 cups seeded and chopped
- Fresh cilantro - 2 tablespoons, chopped
- Jalapeno pepper - 1 tablespoon, seeded and chopped

## Directions:

- 1). In a medium bowl mix all the ingredients
- 2). Serve immediately

## Upcoming FIT 4 U Program

This class focuses on helping you obtain your goals for healthy eating, fitness, and weight management. It is designed to educate and empower you in your weight loss journey by promoting positive changes in your lifestyle; leading to a better quality of life and overall wellness.



You will receive:

- One-on-one evaluation before and after the program, with a registered dietician
- 8 group sessions led by a registered dietician and health coach
- Personalized health coaching which includes: Exercise instruction, a grocery store tour and label reading

**Class is FREE! 8 Week Program | June 22 - August 17**

**Tuesday's 4 pm - 5pm | Virtual meetings (phone or computer)**

**To register call 231.592.4202 - space is limited**

**All LiveWell For Your Heart participants will receive an "under desk bike pedal exerciser" to use and keep during the FIT 4 U classes**



## Do you have a Chronic Condition? Please join us for a PATH workshop

**DATES:** 6- Tuesdays  
May 25, June 1, 8, 15,  
22; 29, 2021

**TIME:** 12:30-2:30pm  
(EST)

**New to Zoom ?**

***\*No Worries!***

***You will be emailed the  
Zoom link,  
informational handouts  
and password after  
registration***

**TO REGISTER AND/OR  
FOR MORE  
INFORMATION**

**[Click Here to Register](#)**

***Participants should plan to  
attend all 6 sessions to the  
best of their ability & must be  
able to fully participate with  
computer, or laptop, with  
video and audio features.***



### Chronic Disease PATH is a 6-week workshop

**FREE & FULLY ONLINE**

**Who should participate?**

PATH is designed to benefit adults with chronic or long-term health conditions including arthritis, heart disease, diabetes, emphysema, asthma, bronchitis and depression. Family members, friends, and caregivers are also encouraged to attend the workshop.

**Steps to joining the workshop:**

- #1. Register using the link provided
- #2. After registering, contact Pam Daniels @ [danie270@msu.edu](mailto:danie270@msu.edu)
- #3. Next, you will be mailed a FREE PATH book
- #4. Upon completing the 6-week program & post survey, you will receive a medication lock box.

**Questions:** Contact Pam Daniels @ [danie270@msu.edu](mailto:danie270@msu.edu)

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