

better together

Workplace Wellness Newsletter

August 2019

Better Together Blood Drive at Hancock August 23

MiBlood is now Versiti and it is better than ever! Join us Friday, August 23 between 11am and 5pm in the Hancock Lower Level conference room 1A to help save lives.

All presenting donors will receive a limited edition Versiti hat AND a free pass to the Michigan Renaissance Festival as a special thank you gift for donating.



Benefits of Donating Blood

- The Joy of Saving Lives
- Free Health Check-up
- Reduces risk of Heart Disease
- Burns Calories
- Reduces Risk of Cancer

August Healthy Recipe

Fish Tacos with Guacamole

Appetizer:

Nutrition Facts

2 tacos: 308 calories, 12g fat (2g saturated fat), 56mg cholesterol, 299mg sodium, 28g carbohydrate (2g sugars, 6g fiber), 25g protein.

Ingredients

2 cups angel hair coleslaw mix
1-1/2 teaspoons canola oil
1-1/2 teaspoons lime juice

GUACAMOLE:

1 medium avocado, peeled and quartered
2 tablespoons fat-free sour cream
1 tablespoon finely chopped onion
1 tablespoon minced fresh cilantro
1/8 teaspoon salt
Dash pepper

TACOS:

1 pound tilapia fillets, cut into 1-inch pieces
1/4 teaspoon salt
1/8 teaspoon pepper
2 teaspoons canola oil
8 corn tortillas (6 inches), warmed
Optional toppings: Hot pepper sauce, chopped tomatoes, green onions and jalapeno pepper



Instructions

1. In a small bowl, toss coleslaw mix with oil and lime juice; refrigerate until serving. In another bowl, mash avocado with a fork; stir in sour cream, onion, cilantro, salt and pepper.
2. Sprinkle tilapia with salt and pepper. In a large nonstick skillet, heat oil over medium-high heat. Add tilapia; cook until fish just begins to flake easily with a fork, 3-4 minutes on each side. Serve in tortillas with coleslaw, guacamole and desired toppings.

Wellness Team Member Spotlight

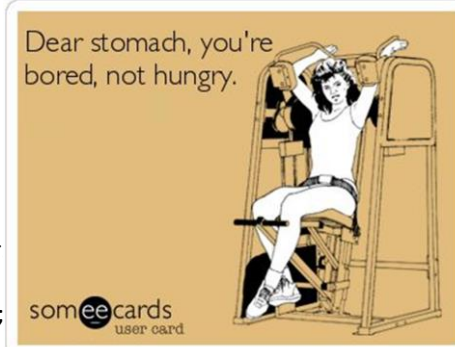
Jesi Huber



Jesi is a registered dietitian and works in our Health Home at Hancock.

Jesi is also on a Saginaw County Committee working to gather information on Workplace Wellness programs in our community. SCCMHA was measured recently using the CDC Worksite Health Scorecard and Jesi was able to identify opportunities for SCCMHA!

Jesi an amazing asset to our Wellness Committee. If you would like to reach out to Jesi please do so at jhuber@sccmha.org.



"The groundwork of all happiness is health."

Leigh Hunt