

Lifestyle Health Program Newsletter

February | 2023

Living Well with Chronic Disease FREE workshops!

Living Well With Chronic Disease (virtual through Teams)

When: Thursdays, February 9th-March 16th

Time: 5:30-7:30pm

This 6-session program helps us discover practical skills and 'tools' to help manage chronic symptoms (will focus on nutrition, physical activity, goal setting, and problem solving).

Register for [Living well with Chronic Disease](#) **HERE**

NEWS ON OUR OFFICE SPACE:

We are now sharing our fitness room with Pulmonary Rehab. If you are coming in for an appointment please wait out front and we will come and walk you around. Fitness assessments and classes are now being held in our back conference room.



Healthy Superbowl Recipe: Caramelized Onion Dip

Ingredients:

- 3 tbsp olive oil
- 3 medium yellow onions
- 1 clove garlic, minced
- 1 tbsp apple cider vinegar
- 1 tsp fresh or dry thyme
- 2 cups plain Greek yogurt (2%)
- salt and pepper, to taste

Directions:

1. Heat olive oil in large pan over medium heat.
2. Add onions, salt and pepper, and cook over medium heat until onions caramelize (approx 12-15 minutes).
3. If onions are browning too quickly, turn down heat and add a little water.
4. When onions are done, add garlic, vinegar, and stir for 1-2 minutes.
5. Remove from heat and allow to cool.
6. In a mixing bowl, combine the cooled onions, thyme, and greek yogurt and stir until blended.
7. Refrigerate. Serve with veggie tray.

Virtual Nutrition Classes

(live virtual, offered through MS Teams)

with Sarah Morales, Registered Dietitian Nutritionist

Mediterranean Diet Update

Wednesday, February 15th

5:30pm

Learn about:

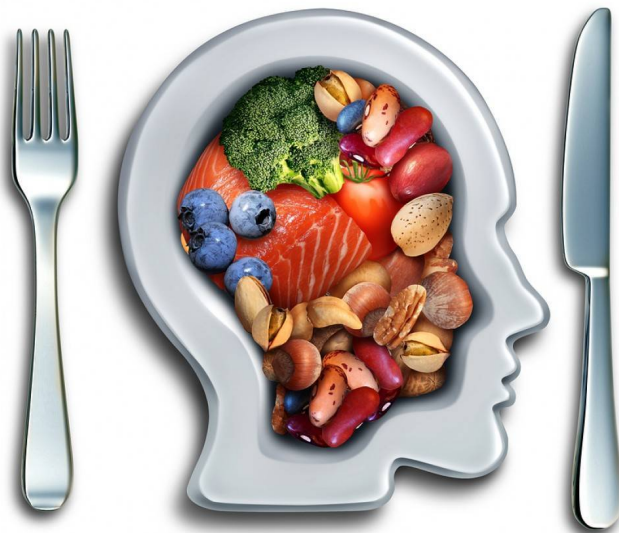
- History, science, & global perspective
- What are the health benefits?
- 10 Mediterranean foods you gotta have
- Sample meal plans, tips, tools



Register Here!

Coming in March!

**5-Day Mini Mindful Eating Challenge
March 20th-24th**



- Do you find yourself mindlessly munching throughout the day?
- Do you need a Spring Nutrition Makeover?
- Would you like support and strategies to help you eat more *mindfully*?
- It's time to **recalibrate** your eating habits

Register Here!

Need help or accountability with food/nutrition? Email [Sarah](#) to schedule a nutrition session.

Fitness Updates



Accountability Group Success!

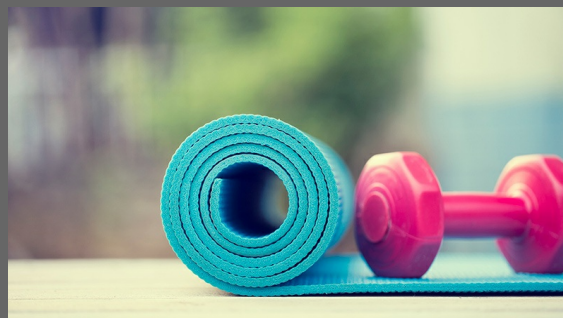
Thank you to those that joined our exercise accountability group, I hope you found it motivating. Keep using those healthy habits in February!

Sign up for February Fitness and Yoga Series!

- **Fitness classes:** February's theme: **Heart Health Month!** Strengthen the heart by getting it pumping in fitness class! In person and online fitness options available, every Monday and Wednesday at 430pm.
 - **If you want to attend February fitness classes on Teams and don't have the invites you can register by emailing Mira [here](#)**
 - Morning classes are being moved to *in person only* and will be onsite at the PSD South Transportation Terminal (6425 Portner Road) on Tuesdays at 10am and onsite at the PSD North Transportation Terminal (2445 Laporte Ave Building H) on Wednesdays at 11am. Everyone welcome to attend, not only those that are employed onsite. Email Mira for more information!
- **Yoga classes on Teams:** Join us in February for our **Heart Health Month** series; focus on slowing down your heart rate and opening your heart. Tuesday 530pm, Thursday 430pm. **Register by emailing Mira [here](#) for February yoga invites if you don't already have them!**
- Email Mira if you have any questions about registering for February classes and would like the Teams invites or have any questions about in person classes.

How is your fitness journey going so far this year?

- Need accountability or motivation? Email [Mira](#) to schedule a Fitness Assessment!



Fitness Class Schedule

Monday 4:30-5:15pm
Wednesday 4:30-5:15pm

Fitness classes are virtual and in person.
E-mail Mira for the virtual class link.

Yoga Class Schedule

Tuesday 5:30-6:30pm
Thursday 4:30-5:15pm

Yoga classes are virtual only. **E-mail Mira** for the virtual class link.

Contact Information

UCHealth Lifestyle Health Program

Laura.Dvorak@uchealth.org

UCHealth Plan Administrators | 10375 Park Meadows Dr., Ste #200, Lone Tree, CO 80124

[Unsubscribe emily.giebel@uchealth.org](mailto:emily.giebel@uchealth.org)

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