

Lifestyle Health Program Newsletter

March | 2023

Our office is MOVING!!

NEW ADDRESS : 3702 Automation Way Suite 104, 80525
Moving date: March 28th

We hope you come see us in our new space sometime soon!

Masks are no longer required in appointments or fitness classes.

Cancer Thriving and Surviving FREE 6-week workshop! (virtual through Teams)

When: Tuesdays, April 4th-May 9th

Time: 5:30-7:30pm

Are you a cancer survivor who is interested in not just surviving, but thriving? Participants completing our program have called it “life changing,” “empowering,” and “the push I needed to take charge of my health.” Participants will learn a variety of self-management skills that are specific to cancer survivors.

Register for Cancer Thriving and Surviving [HERE](#)



Featured Recipe: Easy Salmon Burgers

[\(check out this 1-minute cooking demo\)](#)

Ingredients:

- 12-14 oz cooked or canned salmon
- 2 eggs
- 1/2 cup breadcrumbs (may be gluten free)
- 2 tbsp flaxmeal, ground
- 1/4 cup finely chopped onions or chives
- 1 clove garlic, minced
- Juice of half a lemon
- salt/pepper, to taste

Directions:

- If using canned salmon, you may want to remove the bones and skin, however this isn't necessary (the bones are very soft and will dissolve and contribute calcium).
- In a large bowl, combine the salmon, eggs, bread crumbs, salt, chives and lemon. Form into 4 patties.
- Let chill for 30 minutes.
- Cook burgers on medium heat, for about 5 minutes on each side or until browned and slightly crisp.
- Serve on a bed of greens or with your favorite bun.

Note: these patties freeze well. I like to use waxed paper to separate burgers and freeze in ziplock bags.

Nutrition facts (per patty): 296 calories, 17g fat, 10g carbohydrates, 1g fiber, 27g protein.

5-Day Mini Mindful Eating Challenge March 27th-31st



- 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



5-week Healthy Habit Re-Set Challenge

When?

April 1-May 6

What?

Sign up for this 5 week challenge if you'd like to set a foundation for some healthy habits! Each week focuses on a different type of healthy habit (walking, stretching, strength, and sleep) and takes on a multifaceted approach to wellness, with not much time commitment required. The 5th week you

will incorporate all of these habits together! There will be email check-ins and guidance on what to focus on each week.

Register today [here!](#)

Sign up for March Fitness and Yoga Series! No more masks required!

- **Fitness classes:** March's theme: **Spring Fitness; strength and flexibility!** Help face life's ups and downs with a new strength and flexibility routine! In person (in our new space!) and online fitness options available, every Monday and Wednesday at 430pm.
 - **If you want to attend March 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 March for our **Spring Fitness; strength and flexibility** series; focus on building strength and flexibility to face life's ups and downs. Tuesday 530pm, Thursday 430pm. **Register by emailing Mira [here](#) for March 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

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