



# Jan/Feb 2017

**Please note that we will be closed Monday February 20th, 2017 for family day!**

## Lunch and Learn

Our Lunch and Learns run from 11:30-1pm in the auditorium.

Please rsvp!

Join us on January 23rd as we welcome Terri Walker of The V Spot Café.

Terri will talk about plant based foods as well as provide us with samples from the restaurant!

On February 16th join

Dr. Lisa Tabrizi BSc, ND for a session

where she will discuss how to

compose a healthy meal, how to effectively meal plan, and review what super foods should be in your daily diet.

Start nourishing a healthier you!

8	9	4	1		
	6	7		1	9
2				7	
3	4	6			1
		9			5
		2		5	
6	5		4		2
7	3	1			

## February is Heart Month!



Stay tuned for your heart healthy challenge to get a new

S.I.M GYM T-shirt!

For the months of January, February and March you and your FRIEND will enjoy a reduced fee of only \$60 per month for the two of you!

Your FRIEND must be new to the S.I.M Gym and have an assessment prior to starting!

By FRIEND we mean:

friend (of course! ) as well as spouse, lover, partner, confidant, neighbor, church member, etc, etc, etc....

For more information please see one of our S.I.M Gym Staff!

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## Healthy food of the Month-Turmeric

Turmeric, an orange-colored spice imported from India, is part of the ginger family and has been a staple in Middle Eastern and Southeast Asian cooking for thousands of years.

Turmeric contains a wide range of antioxidant, antiviral, antibacterial, antifungal, and anti-inflammatory properties. Turmeric is used to clear infections and inflammations on the inside and outside of the body. It is also loaded with many healthy nutrients such as protein, dietary fiber, niacin, Vitamin C, Vitamin E, Vitamin K, potassium, calcium, copper, iron, magnesium and zinc.

How do you add turmeric to your daily life? Sprinkle a pinch of turmeric on your egg or tofu scramble, toss it in when roasting vegetables, add to rice, greens, soup or smoothies. Simmer turmeric with milk and honey or maple syrup to make an anti inflammatory tea.

