



March/April 2017

Lunch and Learn



Thursday March 2nd, 11:30-1pm - learn about osteopathy with Suman from Gold Tree Wellness

Thursday April 20th, 11:30-1pm -

learn about osteoporosis with Dr. Caralei Peters

These talks take place in the auditorium, coffee and tea will be provided. Sign up to reserve your spot!



Brain Teasers

For each clue find a corresponding word that starts and ends with the same letter. Answers on the back!

Example: Spend time in front of the mirror - primp

Pioneer in photocopying/ Where a rubber duckie lives/ Gas in some signs/ Deadly/ Water storage area/ Roll in the mud/

Temporary loss of memory

Earth Day April 22



Some extra tips....Reduce, reuse, recycle. limit your water use, shop at farmer's markets, reduce the use of harmful chemicals, lower meat consumption, walk or take public transportation, go paperless, compost, donate things you can no longer use!



Please do not wear scents in the gym

The S.I.M GYM will be closed on Friday April 14th and Monday April 17th.

Happy Easter

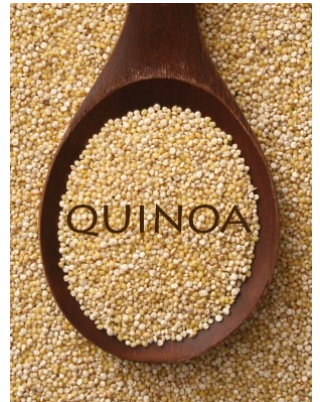


Spring arrives March 20th!



Healthy Food of the Month - Quinoa

This tiny grain packs some serious nutritional power. With a mild, nutty flavor and a texture similar to couscous, quinoa is one of the only grains or seeds that provides all nine essential amino acids our bodies can't produce themselves. It's filled with protein— eight grams per one-cup serving, to be exact! It is easy to make as well! One cup of quinoa to one and a half cups of water, boil and simmer for approximately 10 minutes! Use instead of rice or in a salad!



Brain teaser answers:
Xerox, bathtub, lethal, reservoir, wallow, amnesia