

Week of January 14, 2013

♥ HEALTHY MONDAY TIP: SUDS UP FOR FOOD SAFETY

Washing fruits and vegetables before eating them reduces the risk of foodborne illness. If fruits and veggies have a ridged or uneven skin, use a scrub brush to remove dirt from the grooves. Remember, even produce with inedible skin should still be washed as a first step. This week, get into the habit of washing all produce thoroughly before serving. Be sure to start with clean hands and a sanitary work station.

♥ Get Up. Stand Up. Stay Up. Balance Basics 101: Stop By This Thursday, January 17th

Falls are the leading cause of serious injury for people over 60. Join Physical Therapist Beth Rose as she talks about the balance basics. Seating is limited. Please call to register with Kellie at 681-1192 or email kking@wphospital.org. When: Thursday, Jan 17th at 5pm at the White Plains Community Center, 65 Mitchell Place, White Plains. Refreshments will be served.

♥ OUR FREE ZUMBA & YOGA CONTINUE:

When: Wednesdays at 5:30 pm for Zumba, Mondays at Noon for Yoga

Where: 196 Maple Ave 2nd Floor for Zumba, Dickstein Cancer Center 3rd floor for Yoga

♥ GIVE YOUR LUNGS A LIFT! BEGINS FEB. 5TH!

Learn to live tobacco free in **just four weeks!**

When: Tuesdays 12:30—1:15 pm, Thursdays 12:15—1:00 pm

Where: Diabetes conference room, 5th floor ~ Register on Net-Learning!

♥ LET YOUR YOGA DANCE! A playful, joyful movement practice that dances through the 7 Chakras

When: Thursdays at 5:30 pm **Where:** Dickstein Cancer Center, 3rd Fl. Conference Rm.

Who: WPH Employees & Volunteers. Reservations required.

Please email Kellie at KKing@wphospital or call at x1192.

Wear comfortable clothes, bring a towel or mat & water bottle... leave your inner critic at home

♥ WHITE PLAINS HOSPITAL CAFETERIA MENU & NUTRITIONAL INFORMATION:

White Plains Hospital cafeteria offers a variety of freshly prepared food selections and serves hot lunch and dinner. For additional nutrition information, visit our Wellness and You website.



To access this week's menu go to:

<http://wphc.stellarishealth.org/Telecom.asp> & click on the "Go Healthy" wellness icon.