



CHEC *Matters* Connect. Inform. Empower.

Dedicated to health education, research and events in the Salem Health community.

For a full list of classes and events please visit salemhealth.org/chec.

Cooking Classes

The CHEC offers a wide variety of cooking classes in The Gehlar Wellness Kitchen each month. The topics vary from heart healthy cooking to an evening on the Oregon coast. Chefs include Salem Health Registered Dietitians to local chefs from restaurants in the community. To learn more, please visit salemhealth.org/chec.



Back in Action

Most people have been affected by back pain in one way or another. According to the National Institute of Arthritis and Musculoskeletal and Skin Diseases, in a 3-month period, about one-fourth of U.S. adults experience at least one day of back pain. It is one of our society's most common medical problems.

Back pain can be prevented by improving your physical condition and practicing proper body mechanics. The Mayo Clinic recommends the following three things to help you use proper body mechanics:

- 1. Stand smart** – Maintain a neutral pelvic position. If you have to stand for long periods of time, alternate placing your feet on a low footstool to take some of the load off of your lower back.
- 2. Sit smart** – Choose a seat with good lower back support, arm rests, and a swivel base. Consider placing a pillow or rolled towel in the small of your back to maintain its normal curve. Keep your knees and hips level.
- 3. Lift smart** – Let your legs do the work. Move straight up and down. Keep your back straight and bend only at the knees. Hold the load close to your body. Avoid lifting and twisting simultaneously. Find a lifting partner if the object is heavy.

For more information on back pain stop by the CHEC and speak with an educator, take our Healthy Back Class, or join us at “Back Talk” – a free Back Pain Fair and Forum on Thursday, April 15th from 5-8:30 p.m. To register please visit salemhealth.org/chec.

Recipe of the Month

Apple Pie Salad

- 2 medium apples (2 ¾ inch diameter), chopped
- 2 tablespoons chopped walnuts
- 2 whole dates, chopped
- 6-8 ounce container light vanilla yogurt
- Cinnamon, sprinkle to taste

Combine the apples, dates, walnuts, and yogurt. Sprinkle cinnamon to taste. Enjoy as a salad, snack, or dessert! (*Dried cranberries or raisins may be substituted for the dates*)
Serves 4

April Highlights

- Friday Night Out Thai Cooking Class: *Gin khao ru yang?*** – April 2, 6 - 8 p.m.
- RISE: Recovery in Strength & Exercise** – April 5 – May 12, 1:30 – 2:30 p.m.
- Healthy ‘n Fit** – April 7 – June 9, 6:30 – 8 p.m.
- Community Flavor: Beyond Basic Burgers and Fries** – April 7, 6 – 7:30 p.m.
- Training Camp for New Dads** – April 12, 6:30 – 9 p.m.
- Culinary Rx: *Spring is in the Air* – Quick and Healthy Recipes** – April 14, 6 – 7:30 p.m.
- “Back Talk” Back Pain Fair & Forum** – April 15, 5 – 8:30 p.m.
- Healthy Back Class** – April 16, 1 – 2 p.m.
- Big Brother/Big Sister Sibling Class** – April 17, 10:30 – 11:30 a.m.
- OASIS: Older Adults Striving for Independence and Safety** – April 19 – May 10, 10 – 11 a.m.

For more information or to register please call 503-814-CHEC or visit us online at salemhealth.org/chec

Featured Event: Targeting Cancer with Education and Awareness

A variety of classes and activities will be offered at this event. You will learn about cancer services offered at Salem Hospital, educate yourself on current issues, and increase your awareness about general health and risk reduction. *Free*
Saturday, April 10, 10 a.m. – 3 p.m.

Kristin Jordan RN, MPH, Health Educator at the Community Health Education Center, organizes the content of CHEC Matters. Kristin can be reached at kristin.jordan@salemhospital.org.

