



CHEC Matters

Connect. Inform. Empower.

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

Visit salemhealth.org/chec for a full list of classes and events.

Lower Your Carbon Footprint with a CHEC Cooking Class

Please join us in The Gehlar Wellness Kitchen on Wednesday, August 11 from 6 to 8:30 p.m. as Gayle Jolley shows you how to eat deliciously vegetarian once a week.



One of the keys to living a healthy life is eating healthy which includes selecting foods with minimal processing including whole grains, seasonal vegetables and fruits, beans, legumes, nuts, and most importantly plant oils. These foods maximize the contents of their protective nutrients, antioxidants, fiber, vitamins and minerals. Join Gayle Jolley as she uses these foods to make delicious recipes including: Tomatillo, Poblano and Heirloom Bean Chowder; Grilled Eggplant Napoleons with Oregon Goat Cheese; and Spiced Blueberry Grunt. Any one of these savory dishes will excite your palate and you won't even miss the beef!

Back to School

As summer vacation comes to an end, it is time to start getting the kids ready to head back to school. Be sure and put health and safety at the top of your list when shopping for supplies and planning the daily schedule.

Recipe of the Month Fruit Smoothies

- 12 oz vanilla soy, almond, or low fat milk
- 1 light vanilla yogurt
- 1/2 - 1 cup frozen blueberries or mixed berries
- 1 frozen banana

In blender combine milk, fruit, and light yogurt. Blend until smooth and creamy. Enjoy this great summer drink on a hot day!

The American Academy of Pediatrics offers back to school health and safety tips including:

- ~ Choose a backpack with wide, padded shoulder straps and a padded back
- ~ Always use both shoulder straps on a backpack to avoid straining muscles
- ~ If biking to school your child should always wear a bicycle helmet and make sure they know the "rules of the road"
- ~ If walking to school make sure your child's walk to school is a safe route with well-trained adult crossing guards at every intersection
- ~ If taking the bus, make sure your child knows to remain in clear view of the bus driver when waiting for the bus

For more information on back-to-school health and safety, call or stop by the CHEC and our staff will be happy to assist you.

August Highlights

Freedom From Smoking

Aug. 2-Sept.13, 5:30-7:30 p.m.

Exercise Ball Class

Aug. 3-Aug. 31, 5:15-6 p.m.

Women's Safety Awareness

Aug. 9, 6:30-8 p.m.

Training Camp for New Dads

Aug. 9, 6:30-9 p.m.

Heartsaver CPR and First Aid

Aug. 10, 8 a.m.-4 p.m.

Healthy Hearts Educational Support Group

Aug. 12, 6:30-7:30 p.m.

Building Better Bones

Aug. 18, 6-8 p.m.

Culinary Rx: Healthy Carbs for a Healthy You

Aug. 18, 6-7:30 p.m.

Healthy Back Class

Aug. 20, 1-2 p.m.

For more information or to register, please visit salemhealth.org/chec or call 503-814-CHEC (2432).

Featured Event

High School Sports Physicals

The CHEC will be partnering with Willamette Health Partners Family Medicine to offer \$10 sports physicals for high school students.

No appointment necessary.

- o Tuesday, Aug. 3, 9 a.m. to Noon
McNary High School
- o Tuesday, Aug. 10, 9 a.m. to Noon
Sprague High School
- o Monday, Aug. 16, 1 to 4 p.m.
West Salem High School
- o Tuesday, Aug. 17, 9 a.m. to Noon
West Salem High School



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