



# CHEC Matters

Connect. Inform. Empower.

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

Visit [salemhealth.org/chec](http://salemhealth.org/chec) for a full list of classes and events.

## Berry Delicious Celebration!

Please join us in The Gehlar Wellness Kitchen on Wednesday, September 22 from 6 to 7:30 p.m. for our CHEC One Year Anniversary Celebration. At this free event Erin Johansen, of Oregon Fruit Products Co., will be joining us from Sacramento, Calif. to demonstrate some delicious recipes using their all natural fruits! Recipes include Northwest Berry Crisp, Raspberry Chipotle Flank Steak, Peppered Blueberry Salsa, Royal Anne Cherry Sorbet, and Red Tart Cherry Vanilla Smoothie. These recipes will be available to sample, and you can also meet the chef!



Erin Johansen, also known as "The Queen of Tarts," has been a well known food blogger since December 2009. She is an energetic and entertaining veteran in the food business. She has been with Oregon Food Products Co. for the last 14 years.

Oregon Fruit Products Co. is a third generation family owned and operated company located in the Willamette Valley of Northwestern Oregon. For 75 years their only business has been packing cherries, berries, plums, figs, and grapes – they are specialty fruit specialists!

### Recipe of the Month

#### Individual Pizzas

- 2 tbsp. tomato sauce (no salt added)
- Pinch dried oregano
- Pinch powdered garlic
- Home made pizza crust (1/4 recipe rolled out thin) or whole wheat pita bread (~6")
- 1/4 cup shredded part skim mozzarella cheese

Top as desired: Try spinach, fresh tomato, mushroom, olives, reduced fat pepperoni, etc.

*Spread pizza sauce over dough. Add shredded mozzarella cheese and toppings. Place on baking sheet. Bake at 500 degrees F for 10 to 12 minutes or until cheese is melted.*

## Relax

Do you ever feel stressed out? We all have stress sometimes. A small amount of stress can be good, but feeling stressed for a long time can affect both your mental and physical health.

The National Health Information Center has a number of great tips to help you manage your stress. These include:

1. Prepare yourself ahead of time for a stressful event like a presentation by picturing the event in your mind, staying positive, imagining what the room will look like and what you will say.
2. Relax using deep breathing.
3. Release tension in your muscles by stretching or taking a warm shower to help you relax.
4. Get active. This can help improve your mood.
5. Eat healthy. Give your body plenty of energy by eating fruits, vegetables, and protein.

For more information on how to manage stress, come visit us at the CHEC.

## September 2010 Highlights

### A Taste of the Mediterranean Cooking Class

Sept. 8, 6–8:30 p.m.

### Exercise Ball Class

Sept. 9–Oct. 7, 11:45 a.m.–12:30 p.m.

### Women's Safety Awareness

Sept. 13, 6:30–8 p.m.

### Building Better Bones

Sept. 14, 1–3 p.m.

### Fathers of Young Children

Sept. 14–Oct. 5, 6:30–8:30 p.m.

### Culinary Rx: Delicious Meals Under 500 Calories

–Sept. 15, 6–7:30 p.m.

### Healthy Back Class

Sept. 17, 1–2 p.m.

### Freedom From Smoking

Sept. 18–Oct. 30, 9–11 a.m.

### Healthy 'n Fit

Sept. 27–Nov. 29, 6:30–8 p.m.

### Better Balance and Fall Prevention

Sept. 28–Nov. 18, 3–4 p.m.

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

## Featured Event:

Rehabilitation: Empowering your mind, body, and wellness

Rehab Week includes more than ten free classes, taught by rehabilitation experts, and will give you an opportunity to reflect, recharge, and rejuvenate. Classes include "Cooking with Arthritis," "Yoga for Kids and Parents," "Practical Stress Management," and many more. Friday, Sept. 10–Friday, Sept. 17.



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