

CHEC *Matters* Connect. Inform. Empower.

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

October Events

Neuromuscular Integrated Action (NIA) – Oct. 5, 11:30 a.m. – 12:30 p.m.

Brain Agility – Oct. 6, 9–10 a.m.

Turn Off Tobacco – Oct. 7, 6–7:30 p.m.

Gluten Free Cooking – Oct. 7, 6–8 p.m.

Training Camp for New Dads – Oct. 12, 6:30 – 9 p.m.

Living Well with Chronic Conditions – Oct. 15, 1–3:30 p.m.

Training for Parents of Children with ADHD: “Behavioral Strategies” – Oct. 16, 6–8 p.m.

Big Brother/Big Sister – Oct. 17 – 10:30 – 11:30 a.m.

Knit Well – Oct. 17, 10–11 a.m.

Powerful Tools for Caregivers – Oct. 19, 1–3:30 p.m.

Untangling the Web – Oct. 21, 10–11a.m.

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

Eating your way to Happiness

The Community Health Education Center (CHEC) is focused on connecting, informing, and empowering our patients, families, and community members with high quality health information and resources. One of our exciting new offerings is the healthy and fun cooking classes in our very own Gehlar Wellness Kitchen. Our grand opening will feature, Elizabeth Somer, one of the leading authorities on nutrition and diet. We will also have our very own Executive Chef, Sean Roe, demonstrate some of the recipes from Ms. Somer’s book, *Eat Your Way to Happiness*. These books will be available for purchase at the event.



Our initial theme for the month of October, Eating Your Way to Happiness, will compliment this approach to nutrition. Our focus will be to provide valuable health and nutrition information to the community. We invite you to come use the Pierce Resource Center to find health information, attend a healthy cooking class in the Gehlar Wellness Kitchen, come to a support group in the Gerlinger Support Group Room, or attend a health education class in the Green Education Classrooms.

Featured Event: Grand Opening Celebration

Join us on Thursday, October 15 from 7:00 to 8:30 p.m. for our free Grand Opening Celebration where Elizabeth Somer, M.A., R.D. will present new information on how to eat and move to feel vibrant, think clearly, remember more, have more energy, sleep better, calm stress, and curb cravings! Enjoy light desert samples.

Chef Showcase

Salem Hospital Executive Chef, Sean Roe attended the Scottsdale Culinary Institute – Le Cordon Bleu. He also received his Associates Degree in Occupational Studies of Le Cordon Bleu Culinary Arts and was in the Alpha Beta Kappa Honors Society. Chef Sean has five years of experience in Hospital Culinary Management at the Scottsdale Healthcare System. Join us this month as we feature Chef Sean in the Gehlar Wellness Kitchen.



Recipe of the Month

Garden Fresh Pico De Gallo

- 3 Red Tomatoes
- 1 Yellow Tomato
- 1 Red Onion
- 1 Cucumber
- ½ bunch Cilantro (finely chopped)
- 2 Limes
- 1 Jalapeno pepper (optional)

Preparation: Chop tomatoes, onion and cucumber into small cubes. Add all other ingredients (cilantro and pepper). Add lime juice, salt and pepper as needed! Mix it all up... Enjoy!



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.