



HEALTH & WELLNESS

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June Is...

Men's Health Month



National Fresh Fruit & Vegetables Month



National Camping Month



National Papaya Month



National Soul Food Month



"Dishing Up the Dirt"

Tomato Zucchini Bake

Servings: 6

Ingredients

- 2 medium zucchini, sliced
- 2 medium yellow squash, sliced
- 5 medium tomatoes, sliced
- 1/4 cup parmesan cheese, shredded
- 1/2 teaspoon black pepper
- 3/4 teaspoon garlic powder
- 3/4 teaspoon onion powder
- 1/2 teaspoon Italian seasoning

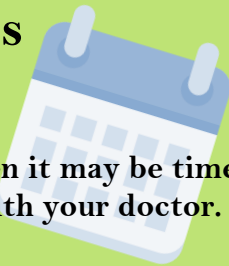


Directions

1. Preheat oven to 375 degrees
2. In a baking dish, arrange zucchini, yellow squash, and tomatoes in an alternating pattern
3. Top with cheese and spices. Placed into oven and bake for 25-30 minutes or until squash is soft.

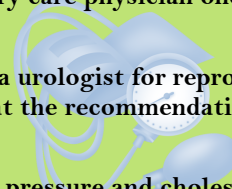
Men's Health Needs Decade by Decade

A guide that lets you know when it may be time to schedule an appointment with your doctor.



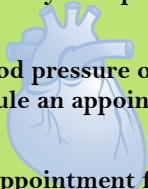
Ages 20s –30s

- Visit your primary care physician once a year, even if you aren't sick.
- Consider seeing a urologist for reproductive system and prostate health at the recommendation of your physician.
- Have your blood pressure and cholesterol levels checked to make sure they are within healthy range.



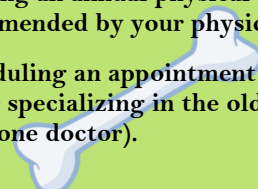
Ages 40s –50s

- Continue to visit primary care physicians and urologist at least once a year.
- If you have high blood pressure or a family history of heart disease, schedule an appointment with a cardiologist.
- Discuss making an appointment for a colonoscopy with your primary care physician.



Ages 40s –50s

- Continue getting an annual physical and any screenings or tests recommended by your physician
- Consider scheduling an appointment with a geriatric doctor (doctor specializing in the older population) and orthopedist (bone doctor).



Did You Know?



Papaya Fruit

The black seeds taste like black pepper and in some countries, they are used as black pepper alternative.

4 Tips to Help you Add More Fruits and Vegetables to your Meals this Month!

- 1– During the hot months, freeze fruit on a skewer or mix it with your favorite Greek Yogurt for a cool, refreshing dessert.
- 2– Serve fruits and veggies in various states; such as, raw, microwaved, steam, mashed. Also, try using a fun plate.
- 3– Pair colorful fruits and vegetables with your favorite dipping sauces like Greek Yogurt, hummus, or salsa!
- 4– Children may new to try a new fruit or vegetable about 10 times before accepting them, so be patient.

Transform Soul Food

- Instead of using bacon and ham hocks to get a smoky flavor, try using paprika.
- Try sautéing your collard or mustard greens in olive oil instead of bacon grease and use low sodium vegetable broth instead of chicken broth.
- Use herbs! Marinate chicken in rosemary, garlic, and lemon overnight before grilling it for a delicious dish.



Instead of frying okra, roast it in the oven till crispy!

Get outdoors this June, it's National Camping Month!

Camping Tips

- Always stay on the marked trails.
- Carry reusable cups and dishes instead of disposable ones.
- Opt for solar lamps instead of rechargeable lights or batteries.
- Avoid using motor vehicles within a camp site.
- Keep a distance of at least 200 feet from any body of water.

Hiking is the most popular form of recreation, outranking **fishing** for the first time in the survey's history.



to spend more time with friends and family



be physically active



blow off steam