



# HEALTH & WELLNESS

2302 College Ave. Conway, AR 72034

## April is Cancer Control Month

Here are some general guidelines to help lower your cancer risk:

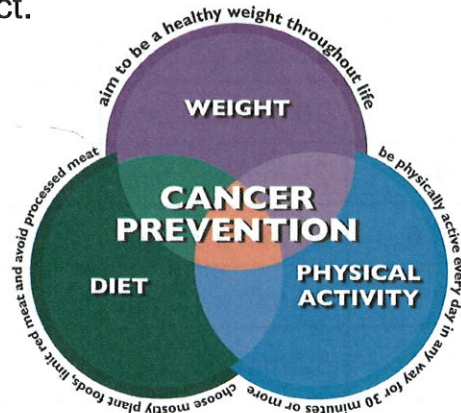
**Eat a healthy diet;** eat vegetables, fruits, and whole grains such as: oats, whole wheat, rye, pumpernickel, brown/wild rice etc.

**Keep a healthy weight;** exercise regularly, and limit foods with added sugars and fats that provide a lot of calories but few nutrients.

**Avoid excess alcohol consumption;** if consumed at all, limit alcoholic drinks to no more than one drink daily for women and two for men.

**Choose lean meats and control meat portions;** choose a variety of protein foods, including fish, chicken, beans, eggs, and nuts.

**Consume less salt;** read food labels to learn exactly how much sodium is in a product.



### Shrimp and Broccoli Pasta



Portions: 4

Serving size: 1-1/4 cups

#### Ingredients

- 4 oz. fettuccine, uncooked
- 1-3/4 Cup broccoli florets
- 3/4 pound frozen medium shrimp
- 1 garlic clove
- 10 oz. cream cheese
- 1/4 Cup lemon juice
- 3/4 tsp ground pepper
- 1/4 Cup half & half creamer
- 1/4 Cup red bell pepper

#### Preparation

1. Cook pasta according to directions, leave out salt.
2. Add broccoli and bell pepper during last 3 minutes of cooking. Drain. Keep warm.
3. Over medium heat, cook and stir shrimp and garlic 2 to 3 minutes in a large non-stick skillet until shrimp are heated through.
4. Add cream cheese, garlic powder, lemon juice, ground pepper and half & half. Cook and stir 2 minutes.
5. Toss pasta and shrimp mixture together.
6. Serve warm.

In April we are celebrating

### Autism Awareness Month

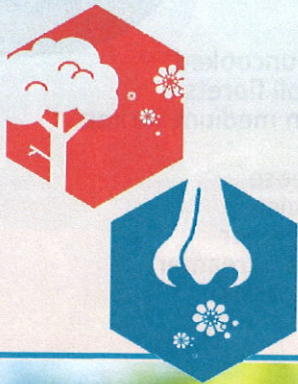
The act of eating can be highly affected among those with autism such as to avoid certain food textures. Nutrition help can be provided by a registered dietitian to assure that the diet is nutritionally complete, balanced, and adapted to each individual.

# April is the Season for Allergies

## Top 4 Seasonal Allergens for Spring

During the Spring, pollen, dust mites, mold, and pet dander can cause some allergies.

Try these tips to help:



- 1– Change your air filters at home often
- 2– Vacuum weekly to reduce dust
- 3– Keep doors and windows closed during high pollen count days
- 4– Shower or bathe before bed



April 4th is

## National Walking Day

Go for a nice walk to celebrate Walking Day.



## 10-WEEK WALKING SCHEDULE

Week	Walking Schedule	Weekly Total (time x days a week)
1	15 min x 2 days	30 min
2	15 min x 3 days	45 min
3	20 min x 3 days	60 min
4	25 min x 3 days	75 min
5 & 6	30 min x 3 days	90 min
7 & 8	30 min x 4 days	120 min
9 & 10	30 min x 5 days	150 min