



HEALTH & WELLNESS

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Slow Cooker Hoppin' Johns

Try this easy spin on a classic southern dish, traditionally eaten on New Year's Day to bring wealth and good luck in the upcoming year.



- 4 (15.5oz) cans black-eyed peas, rinsed & drained
 - 4 cups low-sodium chicken broth
 - 1 (13.5 oz) package smoked turkey sausage, whole
 - 1 (14.5 oz) can diced tomatoes & green chilies
 - 1 medium onion, chopped
 - 1 bunch collard greens, rinsed, de-ribbed & chopped
 - Salt and pepper, to taste
1. Combine all ingredients in 6 qt slow cooker.
 2. Cover and cook on low for 8-10 hours, until sausage is cooked through.
 3. Serve over brown rice or your favorite whole grain.



- ◆ January is cervical cancer awareness month. Each year, more than 11,000 women in the United States get cervical cancer.
- ◆ HPV (human papillomavirus) is a very common infection that spreads through sexual activity, and it causes almost all cases of cervical cancer.
- ◆ About 79 million Americans currently have HPV, but many people with HPV don't know they are infected.

Preventing Cervical Cancer

The HPV vaccine (shot) can prevent HPV.

Cervical cancer can often be prevented with regular screening tests and follow-up care.

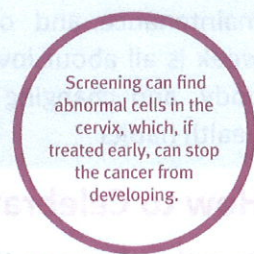
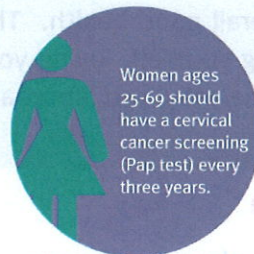
In honor of National Cervical Health Awareness Month, CRHS encourages:

- Women to start getting regular cervical cancer screenings at age 21
- Parents to make sure pre-teens get the HPV vaccine at age 11 or 12
- Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine.

Thanks to the health care reform law, you and your family members may be able to get these services at no cost to you. Check with your insurance company to learn more.

Taking small steps can help keep you safe and healthy.

For more information, visit <http://www.conwayregional.org/services/cancerservices>.





New Year, New You!

Make 2019 your healthiest year yet! Add these tips from the Center for Disease Control to your resolution list to boost your health and well-being!

1. **Make an appointment** for a check-up, vaccination, or screening. Regular oral and medical exams and tests can help find problems before they start.
2. **Wash your hands** often with soap and water to prevent the spread of infection and illness. Handwashing involves five simple and effective steps – wet, lather, scrub, rinse, and dry.
3. **Make healthy food choices.** A healthy eating plan emphasizes fruits, vegetables, whole grains, dairy, and plant-based options. It also includes lean meats, poultry, fish, beans, eggs, and nuts, and is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
4. **Get active!** Start small – try taking the stairs instead of the elevator, or parking further from your destination. Adults should get at least 2½ hours a week of moderate-intensity physical activity.
5. **Be smoke free.** If you are ready to quit, call 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DÉJELO-YA (1-855-335-3569 for Spanish speakers) for free resources.
6. **Get enough sleep.** Insufficient sleep is associated with a number of chronic diseases and conditions. Adults need seven or more hours per night.

From: <https://www.cdc.gov/features/healthynewyear/index.html>

January 19-25th is Healthy Weight Week

What is Healthy Weight Week?

January 19-25 marks the 21st annual Healthy Weight Week, a time to celebrate healthy living habits that last a lifetime and prevent eating and weight problems. Healthy lifelong habits are what produce weight loss, weight maintenance, and overall good health. This week is all about loving yourself, loving your body, and changing the way you approach health habits.

How to Celebrate

Be active: Focus on the pleasure of movement and the health benefits associated with being active.

Change your self-image: Use self-talk and affirmations to feel good about yourself again, or for the first time!

Promote others, too: Extend respect, tolerance, and acceptance to everyone. Promote good relationships and communication with family, friends, and acquaintances. Spend time with the people you love enjoying social activities.

Enjoy your food! Tune into your body's internal hunger and fullness signs- eat when you're hungry, stop when you're satisfied. All foods can fit into a healthy diet, as long as you have balance, variety, and moderation.

Relax! Take time for yourself, to relax and relieve the stress in your life. Take a daily 10-15 minute relaxation break .

Additional resources at <https://www.cancer.org/healthy/eat-healthy-get-active.html>



Adapted from <https://www.iabhp.com/national-wellness-observance-calendar/healthy-weight-week/>