



HEALTH & WELLNESS

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Mother's DAY

Don't forget to celebrate your Mom on
May 12th!

- Breakfast in bed
- Bouquet of fresh flowers
- Spend a day together
- Pamper her with a spa day
- Day off from household duties
- Make dinner together
- Go see a movie together



CINCO DE MAYO

Easy Homemade Salsa

Total Time: 10 minutes Yield: 3 cups

Ingredients:

- 1 can diced tomatoes
- 1 can diced tomatoes with green chiles
- 3 cloves garlic (3 tsp.0 minced)
- 1/2 onion, chopped
- 1/2 cup cilantro
- 1/4 tsp salt
- 1/2 lime, juiced
- 1 jalapeno, chopped (optional)



Directions: Place the diced tomatoes, garlic, onion, cilantro, salt, lime juice, and jalapeno in a food processor and blend for about 30 seconds or until desired consistency.

MAY IS BETTER SLEEP MONTH



Inadequate sleep can lead to:

- Increase in blood pressure
- Stress hormone production
- Reduced concentration
- Mood swings and irritability
- Weakened immune system



For optimal rest, experts recommend
7.5 to 8.5 hours of sleep each night.

Establish better sleeping habits this month!

1. Establish a consistent sleep schedule.
2. Relax before sleeping and limit activities such as exercise and work.
3. Create an optimal sleeping environment by making your place of sleep dark, ventilated, free of distractions, and a comfortable temperature.
4. Avoid alcohol, nicotine, and caffeine close to bed time.

<http://www.whathealth.com/awareness/event/bettersleepmonth.html>

May is National Correct Your Posture Month!

Why Should I Worry About Using Correct Posture?

Your bones, muscles, ligaments, and joints all rely on good posture, or form, to carry out daily activities with as little stress on the body as possible. Having good posture helps digestion, reduces weight-bearing strain, as well as decreasing the risk of injury.

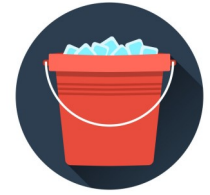


What Are Ways I Can Correct My Posture?

- Placing feet flat on the floor.
- Not crossing your legs.
- Press your shoulders back.
- Maintain slightly bent knees.
- Lie on your back when asleep.
- Shift weight from one foot to another if you will be on your feet for a long period of time.



— May is —
ALS
AWARENESS
MONTH



ICE BUCKET CHALLENGE

ALS

ALS stands for amyotrophic lateral sclerosis, also known as Lou Gehrig's Disease



5,600 people in the U.S. are diagnosed with ALS each year



Symptoms include muscle weakness, shortness of breath & impairment of the use of the arms and legs



Affects the function of nerves and muscles



Only 5-10% of cases of ALS are genetically inherited - in most cases, the person is the only family member to have ALS

40-70

Most people who develop ALS are between the ages of 40 and 70, with an average diagnosis age of 55

Source: <http://www.alsa.org/>



**A heartfelt
th♥ks
for all you do**

National Nurses week

National Nurses Week begins each year on
May 6th and ends on May 12th,
Florence Nightingale's birthday.