

We aspire to reduce claims and have healthier staff through education. We are here to support and provide information that empowers them- Converse County Wellness Committee.

CC Wellness

February, 2020

Ditch the White Witch Winners!

1st Place- Brain Witbroad

2nd Place- Mandy Jones

3rd Place- Crystal Gorsuch

Participants of the challenge:

***Jen Ullery * Kristy Shuler* Patti Cobb*
Heather Mayer* Mikayla Sanders* Jared
Sanders* Robin Bright* Keri McNare* Crimson
Miller* Lori Collins* Tiffany Martin* Richard
Jones* Kelli Blomberg***

The Benefits of **LOVE:**

Love has the power to heal and restore a person's mental and emotional wellbeing. Love is a powerful tool in our day to day life and we aren't just talking about romantic relationships. People who easily display love toward others are generally healthier mentally and have a positive self-awareness and confidence. Loving others can feel vulnerable at times, however the person who creates an environment of love and acceptance benefits from healthy relationships. Psychological benefits of being in love include: living longer, aiding in combating disease, boosting your immune system, helping you look younger by aging slower, helps keep you slim and improves self-image. Try opening your heart to more love this month, see where it takes you!

Your Heart:

Your heart, your powerhouse, your blood pump! See these simple ways to improve your heart health.

1. Get more Sleep!
2. Stay hydrated (with water).
3. Get moving, use that muscle.
4. QUIT SMOKING!
5. Manage Stress.
6. Be smart with salt!
7. Stay away from processed sugar!
8. Get MORE fiber in your diet



HEART HEALTHY FOODS *for your grocery list*

- SALMON
- FLAXSEED
- OATMEAL
- BLACK OR KIDNEY BEANS
- ALMONDS
- WALNUTS
- RED WINE
- TUNA
- POPCORN
- BROWN RICE
- SOY MILK
- BLUEBERRIES
- CARROTS
- SPINACH
- BROCCOLI
- SWEET POTATOES
- RED BELL PEPPERS
- ASPARAGUS
- ORANGES
- TOMATOES
- BANANAS
- CANTALOUPE
- PAPAYA
- DARK CHOCOLATE
- TEA
- YOGURT
- LENTILS
- RAISINS
- 100% WHOLE WHEAT BREAD
- APPLES



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LUNG CANCER
is the leading cause of cancer death in Wyoming.
Approximately 90% of lung cancers can be attributed to smoking.
American Lung Association

If you or someone you know wants help to quit smoking or using tobacco, contact the Wyoming Quit Tobacco Program at 1.800.QUIT.NOW or visit quitwyo.org.

To learn more about cancer resources in your area, contact the Wyoming Cancer Program at 1.800.264.1296 or visit health.wyo.gov/cancer.

Wyoming Department of Health
WYOMING CANCER PROGRAM
QUIT TOBACCO PROGRAM



Free Blood Pressure Checks and Monitoring

Converse County Public Health offers Free Blood Pressure Checks and monitoring and can offer tips to help you reach your goal of being the healthiest you can be.

Heart Health



Benefits of QUITTING SMOKING

Stop smoking, and within ...

20 minutes Your blood pressure, pulse rate, and body temperature all return to normal.	8 hours Your blood carbon monoxide level drops, and your blood oxygen level increases to normal.	24 hours Your chance of having a heart attack decreases.	48 hours Your nerve endings start to regrow, and your ability to taste and smell greatly improves.
72 hours Breathing becomes easier, and your energy levels increase.	2-12 weeks Your circulation improves, walking gets easier, and your lungs begin to work better.	1-9 months Coughing, sinus congestion, fatigue, and shortness of breath all decrease.	1 year Your added risk of getting coronary heart disease is half that of a current smoker.
5 years Your risk of getting cancer of the mouth, throat, or esophagus is cut in half. Also, your risk of a stroke starts to become the same as that of someone who has never smoked.	10 years Your risk of lung cancer is about half that of a smoker, and your risk decreases for cancer of the bladder, cervix, kidney, and pancreas. Your risk of having ulcers is also reduced.	15 years You have the same risk of dying as a person who has never smoked. The same is true for your risk of getting coronary heart disease.	

Plus ...
If you're pregnant and stop smoking early in pregnancy, your risk of having a baby born too small drops to normal. Your baby is also less likely to have other problems caused by smoking.

Quitting Really IS Worth It
Quitting smoking is the greatest single step you can take to improve your health. It doesn't matter how long you've been smoking, how old you are, or how bad your health is—quitting smoking has major and immediate benefits for everybody.

Talk to your healthcare professional about making a plan to quit smoking. Quitting smoking can be difficult, but millions of former smokers have done it successfully, and you can, too!

HEALTH EDUCO
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HEART HEALTHY FRUIT MUFFINS 

1 2/3 c. all-purpose flour
1/3 c. cornmeal
1/3 c. whole wheat flour
2 tsp. baking powder
1 tsp. cinnamon

Stir together above ingredients in medium sized bowl. Combine following ingredients in a food processor or blender; blend together for approximately 30 seconds:

1 med. ripe banana (or 1/2 of large ripe banana)
1/2 c. apricot nectar
1/2 c. buttermilk (skim milk type)
1/2 c. vegetable oil
2 egg whites

Add banana mixture to dry ingredients with 1 cup blueberries. Stir until moistened; fill muffin cups approximately 3/4 to top full. Bake at 350 degrees for approximately 30 to 35 minutes.

Yield: 12 to 14 muffins.

Options: Instead of blueberries, use sliced strawberries. If not on a diabetic diet, add 1 tablespoon of sugar to the strawberries, reduce apricot nectar in recipe to 1/4 cup.

If adding more than 1 cup of chopped fruit to recipe, muffins may tend to be a little moist.

HAPPY VALENTINE'S DAY