

Converse Wellness...be you, be well.

Springtime!

In the springtime we have a natural desire to create space in our life, we lean in toward organizing our homes, our careers, and our goals. This spring season we ask that you think of the following in your life and take some time to create space!



1. **Space in your environment.** Clear the clutter in your home. This can be as small as cleaning the piled-up mail on your counter to as large and clearing closets, cupboards, and entire rooms. Energetically a clear and organized space directly contributes to a clearer and more focused mind.
2. **Space in your mind.** The mind has complex layers of thought and throughout our days we have many experiences that require processing. Ever lay awake at night thinking about your day? The mind needs to have space with its reflection and processing of everyday experiences. At the end of each day, before sleeping take time to either write in a journal or create a list of to-dos.
3. **Space in your movement!** How much do you move throughout space during the day? In the spring the plants begin to root down and grow upward, the animals are having babies, the children grow more in spring than any other season. This growth represents a lot of movement through space. Challenge yourself to add 15-30 extra minutes MOVING this season.
4. **Space in your digestion.** This is a huge one! Are you addicted to snacks? Are you fed consistently throughout the day? Do you ever let your digestion have a break and your stomach to fully empty igniting true hunger? Try ditching the snacks for a few days in a row and check in with your digestive fire.
5. **Space in your goals.** Do you have desires and dreams for the next year? Do you self-sabotage by not completing what you set out to complete. Write down your goals, then make a list of the activities you are engaging in that do not align with these goals. Make space in your action to create cohesiveness with what you really want in life.

Spring Recipes- Let's lighten up.

Honey-Lime Chicken & Veggies in Foil

- 3 tablespoons unsalted butter, melted, 2 tablespoons extra-virgin olive oil
- 2 garlic cloves, minced, 1 tablespoon minced ginger.
- 2 tablespoons honey, Zest of 1 lime
- Four 6-ounce chicken breasts, 1 teaspoon cumin
- ½ teaspoon smoked paprika, 1 bunch asparagus.
- Kosher salt and freshly ground black pepper.
- 2 ears corn, halved, 2 tablespoons chopped fresh cilantro.
- ¼ cup thinly sliced green onion.

1. In a small bowl, stir together the butter, olive oil, garlic, ginger, honey, and lime zest.
2. Using 12-inch sheets of foil, build four packets. Place a chicken breast in the center of each. Season it with cumin and paprika. Divide the asparagus among the packets. Brush the chicken and asparagus with the honey-ginger sauce and season with salt and pepper. Fold the foil over the food inside and crimp several times to seal.
3. Preheat a grill or grill pan over medium-high heat. Grill the packets until the chicken is cooked through, 10 to 12 minutes.
4. About 5 minutes before the chicken is finished, add the corn to the grill and cook until it's browned on all sides, about 5 minutes.
5. Garnish the chicken with cilantro and green onion before serving.

Caprese Chicken Skillet

- 4 boneless, skinless chicken breasts, 1 cup pesto
- 6 ounces fresh mozzarella cheese, sliced into 12 pieces.
- 3 tomatoes thickly sliced, 1 pint cherry tomatoes
- 2 tablespoons extra-virgin olive oil
- Salt and freshly ground black pepper.
- 12 ounces spaghetti, 2 tablespoons balsamic vinegar

Chopped fresh basil, as needed for finishing.

1. Preheat the oven to 350°F. Grease an oven-safe skillet generously with nonstick cooking spray.
2. Place the chicken breasts in the prepared skillet. Dollop 1 tablespoon pesto onto each piece and then rub it all over to fully coat the chicken.
3. Top each chicken breast with 3 mozzarella slices and a few tomato slices. Arrange the cherry tomatoes in the skillet around the chicken. Drizzle with olive oil and season with salt and pepper.
4. Transfer the skillet to the oven and bake until the cheese is melted, the tomatoes are soft and the chicken is fully cooked, 20 to 22 minutes.
5. While the chicken cooks, bring a large pot of salted water to a boil. Add the spaghetti and cook according to the instructions on the package. Drain the pasta and then toss with the remaining pesto.
6. To serve, divide the pasta among four plates and top each serving with a piece of chicken. Drizzle each plate with ½ tablespoon balsamic vinegar and garnish with fresh basil. Serve immediately.

PUBLIC HEALTH UPDATE

March 16th brought many changes to the yearlong COVID-19 orders. The most looked forward to change is probably the ending of the state mask mandate.

Following is a summary of the updated State Orders. Please call Public Health at 358-2536 with any questions.

Changes to Public Health Order #1

1. Elimination of restrictions on restaurants, bars, gymnasiums, and theaters.
2. Individuals must wear face coverings at all times during indoor school events, with exceptions.
3. Distancing should be maintained by individual groups.
4. An indoor event of more than 500 spectators/attendees must be held at no more than 50% of venue capacity.

Changes to Public Health Order #2

1. Limitations on personal gatherings are removed.
2. Indoor events of more than 500 people may be held at 50% of venue capacity. Face mask protocols remain in place for large indoor events, with exceptions.
3. Restrictions on outdoor events are removed.
4. Removal of 50-person limit in organized sporting events and artistic performances.

Elimination of Order #4 - Statewide Order for Mask Use (Public Health Order #4).

1. The Wyoming Department of Health continues to recommend the use of face masks when in public places and when six feet of physical distancing cannot be maintained.



Public Health is having a first dose COVID-19 drive through vaccination event.

DATE: Saturday March 27TH

TIME: 9a.m. - 1p.m.

LOCATION: Wyoming State Fairgrounds

This is free to all Converse County adult residents. Enter on Cowboy Drive off of Brownfield Road and follow the signs.



April is many things including STD Awareness Month. Did you know you can get discreet STD testing at your local public health office? You can! Call 358-2536 for an appointment.