

HEALTH CHAMPIONS

THE NEWS OF CHAMPIONS

February 2019

A Good Friend can't fix all your problems, but they can promise You won't face them alone.

“What are you doing this year to feel whole?”



“Spending more time in nature, giving myself 10 minutes each morning for meditation, and focusing on healing from the inside out.” ~Lynn Penyak



#feelingwhole

“This year, I plan to play tennis again, travel somewhere new, and plan a family reunion.” ~Denice L. Kost



**SIMPLIFY
YOUR LIFE**

MAKE ROOM FOR WHAT
MATTERS MOST

February Learn & Earn

Join us to learn how to focus on what is most important and learn practical tips to de-clutter and simplify your life. On campus and virtual option. See attached flyer for dates and times.

Don't forget to sign-up for your *Biometric Screening!* See attached flyer for locations & dates. This is the first step in the Wellness Incentive and \$250. As Health Champions we can set a good example and show our team how easy it is! All employees will also receive a 5-dollar voucher to Marketplace and a special gift for being screened!



Save the Date! February 13 | 5 to 7 PM

MISSION:5K Kick-Off Event

AdventHealthOrlando | Marketplace Outfitters

*First 10 people to register at this event will get a special gift.

*Shop at Marketplace Outfitters. 30% off race and training gear. 10% off wearables. (Exclusions apply)

*MISSION:5K Registration is open...February 4-March 1.

creation
HEALTH



WALK THE TALK and MISSION:5K Kick Off Events

Come join your CREATION Health Consultants as we kick off our first Walk the Talk challenge of 2019 (CREATION Health Road Trip) and Mission5K! See below for when we will be on your campus and share with your teams!

- West Hall - 2/18 9-10:30 Lobby**
- Altamonte - 2/18 11-1 Cafeteria**
- Apopka - 2/18 11-1 Cafe**
- Winter Park - 2/19 11:30-1:30 Basement outside Cafeteria**
- HOTC - 2/19 9-10:30 Outside Dove Conference Room**
- Orlando - 2/20 11:30-1:30 CREATION Health Corner (Near fish tank)**
- Celebration- 2/19 11-1 Cafeteria**
- East Orlando - 2/19 11:30-1 Healing Garden**
- Maitland - 2/20 11:30-1 Atrium**
- Kissimmee - 2/20 11-1 Cafeteria**
- Winter Garden - 2/20 11-1 Your CREATION Health Consultant, Nathan Gonzalez, will be rounding**
- Lake Destiny - 2/18 1-3 Your CREATION Health Consultant, Amanda Saxton, will be rounding**

2019 Calendar

Event		Location
February		
January - May	Biometric Screenings	Check campus schedule for date/time
2/1 – 2/28	Learn & Earn (in-person/virtual)	See attached flyer for dates/times
2/12 9am-10:30am	Health Champion Quarterly – Q1	AH East Orlando - Precedo
2/13 5pm-7pm	Mission:5K Kickoff Info Session	AH Orlando - Marketplace Outfitters
2/14 9am-10:30am	Health Champion Quarterly – Q1	AH Altamonte - FRC
2/18 – 2/20	Walk the Talk/Mission:5k Tabling	Times/locations vary per campus
2/19 9am-10:30am	Health Champion Quarterly – Q1	AH Celebration – Palms
2/20 9am-10:30am	Health Champion Quarterly – Q1	AH Orlando - CREATION Conf Rm E
March		
3/6 9am-12pm	CHE sponsored Volunteer Event	Clean the World (more info on the website)
3/14 9am-10:30am	Health Champion Orientation	AH Orlando - CREATION Conf Rm D





CREATION Spinach & Strawberry Salad

Serves: 1

- 1 Tablespoon Balsamic Vinaigrette
- 1 ½ cups Spinach, Fresh and Cleaned
- ¼ cup Strawberry, Fresh
- 1 teaspoon Gorgonzola Cheese, Crumbled
- 1 teaspoon Pecan Pieces, Candied

INSTRUCTIONS:

1. Wash Strawberries, pat dry, remove tops, and quarter. Set aside.
2. Place in order into bowl 1 ½ cups Spinach, ¼ cup Strawberries, 1 tsp Gorgonzola, and 1 tsp Pecans.
3. Pour Balsamic Vinaigrette on top.
4. Eat and enjoy!

