

THE WOMEN'S CLUB

HEALTH & WELLNESS, UPCOMING EVENTS AND HEALTHY RECIPES

Upcoming Events

Battle of the Holiday Bulge

Commit to Stay Fit Through the Holidays by participating in our yearly holiday challenge!

Battle of the Holiday Bulge starts

Monday November 6 and runs six weeks until Sunday December 17, 2017.

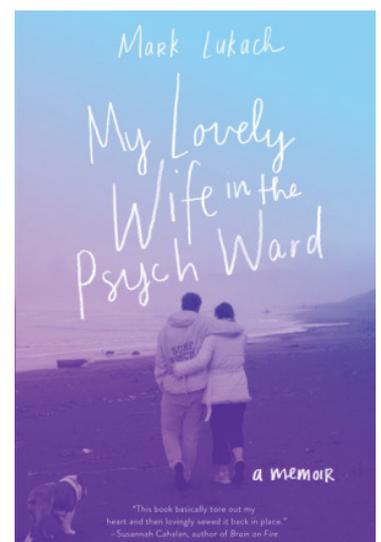
It's a great way to keep yourself motivated and let staff keep track of your fitness activities. You can earn extra bonus points every week, and there will be a Jolly Bonus challenge every single week to participate in.

Sign up at the front desk and get the challenge rules and instructions. If you have any questions, please feel free to ask front desk staff.

Book Club:

Join us Monday November 27 at 6:30pm, as we read **My Lovely Wife in the Psych Ward** by **Mark Lukach**.

Everyone is welcome! Please see front desk staff for any questions.



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Recipe of the Month: Slow Cooker Beef Bourguignon (Stew)

Ingredients:

5 slices bacon, finely chopped
3 lbs. boneless beef chuck, cut to 1 inch cubes
1 cup red cooking wine
2 cups chicken broth
½ cup tomato sauce
¼ cup soy sauce
¼ cup flour
3 garlic cloves, finely chopped
2 Tablespoons thyme, finely chopped
5 Medium Carrots, sliced
1 pound baby potatoes
8 ounce fresh mushrooms, sliced
fresh chopped parsley for garnish

Instructions:

In a large skillet cook bacon over medium high heat until crisp. Put bacon in slow cooker. Salt and pepper the beef and add to the skillet and sear on each side for 2-3 minutes. Transfer beef to the slow cooker.

Add the red wine to the skillet scraping down the brown bits on the side. Allow it to simmer and reduce and slowly add chicken broth, and tomato sauce, and soy sauce. Slowly whisk in the flour.

Add the sauce to the slow cooker.

Add garlic, thyme, carrots, potatoes, and mushrooms to the slow cooker. Give it a good stir and cook on low until beef is tender for 8-10 hours or high for 6-8. Garnish with fresh parley and serve with mashed potatoes if desired.



Nutritional Information: Calories 430; Total Fat 18 g;
Total Carbs 19 g; Sodium 180 mg; Sugars 6 g; Protein 38 g

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Movie Pick of the Month: "What the Health"

Genre: Health Documentary

Plot Summary:



"What the Health" is a ground breaking feature length documentary from the award-winning filmmakers of Cowspiracy, that follows the exciting journey of intrepid filmmaker, Kip Andersen, as he uncovers the impacts of highly processed industrial animal foods on our personal health and greater community, and explores why leading health organizations continue to promote the industry despite countless medical studies and research showing deleterious effects of these products on our health.

This documentary can be found on Netflix.

(www.imdb.com)

Also Recommended:

Forks Over Knives (2011)

Vegucated (2011)

Hungry for Change (2012)

Fed Up (2014)

Eating You Alive (2016)

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Health Tips:



6 Tips for Healthy Bones

1. **Strength Training:** exercise can help strengthen bones and slow bone mineral loss. High and low impact weight bearing exercises are also good--jogging, tennis, jump rope, aerobics (high impact), and treadmill or elliptical.

30 MINS. 3X A WEEK

2. **Family History:** find out if there is a family history of osteoporosis or other bone health issues. Knowledge is key!

3. **Healthy Weight:** being overweight isn't the only concern; research has shown that women who are underweight with a body mass index of less than 18.5 are at higher risk of osteoporosis than those at a normal BMI of 20 to 25.

4. **Side Effects:** medications (such as certain immunosuppressants, thyroid hormone and steroid treatments) can affect bone health. Talk to your doctor about supplements with calcium and vitamin D.

5. **Healthy Diet:** get plenty of calcium and vitamin D in dairy products, leafy green veggies, fortified foods, and seafood such as sardines, salmon and shrimp. Vitamin D can be obtained in salmon and shrimp, beef liver, mushrooms, egg yolks, supplements or sunlight. Don't smoke and stay away from caffienated and alcoholic drinks. Your body requires 1000 - 2500 mg.

6. **Bone Density Test:** women older than 65 should have bone density tests, which can provide a clearer picture about the risk for broken bones. If the test shows your bones are weak, ask your doctor about medication that can help.

7 Benefits of Pink Himalayan Salt

- 1 Helps strengthen bones
- 2 Improves circulation
- 3 Relaxes body and mind
- 4 Alleviates sinus issues
- 5 Relieves muscle cramps
- 6 Assists the intestines in nutrient absorption
- 7 Promotes a healthy pH balance

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