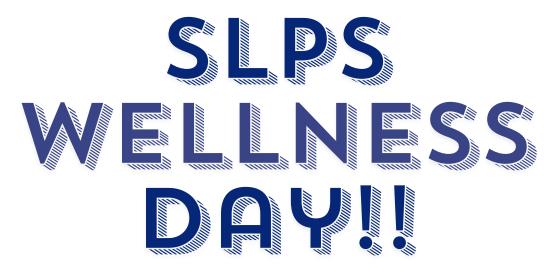
Rooted in Wellness

OCT 2025

FOSTERING WELLNESS, INSPIRING HEALTH



UNSTOPPABLE YOU THE POWER WITHIN

OCTOBER 10TH 12:30 - 3:30 801 NORTH 11TH ST.

All Employees and Families
Welcome

Raffle Prizes

Biometric Screening

Flu Vaccines

Mammogram Van

Biometric Screening





Flu Vaccine & More



In this newsletter you can expect:

Wellness Day

Flu Vaccine

Breast Health

Sista Strut Team

UHC Rewards

Oct. Challenge

IT'S FLU SEASON

Each of us can help protect all of us.

Earn \$10 in UHC Rewards

Register to get your Flu <u>Vaccine</u> at Wellness Day!



Get it every year!





Newest recommendations for women between ages 40-74 are to have a screening mammogram every 2 years. This will help with early detection of breast cancer and earlier treatment.

A <u>Mammogram</u> is an X-ray of the breast that checks for unusual looking tissue or lumps It can help find early signs of cancer. You should think about it like any other regular checkup.

Call to schedule your Mammogram for Wellness Day! 314.205.6267





YOUR TO-DOS



Earn up to \$300 by participating in UHC Rewards and completing healthy activities!

Review this <u>flyer</u> for details or check out this <u>video</u>.

Do it before 12/31/2025



Get your free
Hearing Screening
from August - November

All FT/PT employees, substitutes, retirees, volunteers and their loved ones (18 and older)

The screenings will be available to you at no cost, at the clinic location most convenient for you.

SCHEDULE NOW



Join SLPS and Sista Strut as we fight Breast Cancer in the African American community.

Walk 3K to raise awareness and money. Encourage women to get their mammograms.

Saturday Oct 4th 7am 14th and Market St. Team Name: Healing Hearts

OCTOBER WELLNESS CHALLENGE



Celebrate women's health by participating in activities that support women of all ages



Slow Cooker Jerk Chicken Tacos

from butterbeready.com



Total Time: 6 hours

Serves: 8

Ingredients

- 4 boneless/skinless chicken breasts, ~2 lbs
- ½ chopped medium onion
- 6 sprigs thyme, destemmed
- 1 tsp garlic powder
- 1 tsp ground all spice
- $\frac{1}{2}$ tsp smoked paprika
- Salt & Pepper to taste
- ½ c. Walkerswood Jamaican
 Jerk Seasoning
- 1/4 c. chicken broth
- 1 small lime, zested & juiced

Fresh Mango Salsa Ingredients

- 2 cups fresh diced mango
- 1 medium red bell pepper, chopped
- ½ c. diced red onion
- 1/4 c. fresh chopped cilantro
- 1 small lime, zested & juiced
- Salt to taste

Directions

- 1. Sprinkle chicken breasts with spices and jerk seasoning.
- 2.Add chicken, onion, thyme, broth, and lime to slow cooker.
- 3. Cover and cook on low for 6 hours or high for 4 hours.
- 4. Meanwhile, prepare mango salsa.
- 5.In medium bowl, combine diced mango, bell pepper, red onion, cilantro, lime zest and juice, and salt to taste.
- 6. Toss to combine.
- 7. Cover and refrigerate.
- 8. Shred the cooked chicken with two forks and stir with cooking liquid.
- 9. Serve in warm tortillas with mango salsa.
- 10. Garnish with chopped cilantro and lime wedges.

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