

Rooted in Wellness

FOSTERING WELLNESS, INSPIRING HEALTH

OCT 2025



SLPS WELLNESS DAY!!

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 Vaccine at Wellness Day!



Get it every year!



A Mammogram 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

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.



YOUR TO-DOS

Earn Your
\$300

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

Review this [flyer](#) for details or
check out this [video](#).

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

*Stronger
Together*

**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
- ½ tsp smoked paprika
- Salt & Pepper to taste
- ⅓ c. Walkerswood Jamaican Jerk Seasoning
- ¼ 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
- ¼ 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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