



August 2017



HEALTHY CROCKPOT RECIPE:

Crockpot Mexican Casserole:

Ingredients: **1)** 1 tbsp extra-virgin olive oil **2)** 1 lb ground turkey or chicken **3)** 1 medium yellow onion, diced **4)** 1 cup uncooked quinoa **5)** 2 (10-ounce) cans Enchilada Sauce (mild or medium) **6)** 1 (15-ounce) can black beans, drained and rinsed **7)** 1 (15-ounce) can diced fire-roasted diced tomatoes in their juices **8)** 1 cup corn kernels, fresh or frozen **9)** 1 red bell pepper, cored and diced **10)** 1 green bell pepper, cored and diced **11)** 2 tbsp chili powder **12)** 1 tbsp ground cumin **13)** 1 tsp garlic powder **14)** 1 cup shredded Mexican blend cheese, divided **15)** For serving: chopped fresh cilantro, diced avocado, chopped green onion, sour cream or plain Greek yogurt.

Directions: **1)** Heat a sauce pan and add olive oil. Then add onions and turkey. Brown the turkey. Transfer to the slow cooker. **2)** To the slow cooker, add the quinoa, enchilada sauce, black beans, tomatoes, corn, red bell pepper, green bell pepper, chili powder, cumin, garlic powder, and 1/2 cup water. **3)** Cover and cook on high for 2 1/2 hours, or on low 5 to 6. (7 to 8 is acceptable and perfect for any work day dinner meal!)

"Feelings are just visitors, let them come and go."
-Mooji

HOW TO DEDICATE 30 DAYS TO YOUR SELF CARE:

Day 1) Write down 5 things to be happy about **Day 2)** Read for Pleasure **Day 3)** Drink 8 cups of water **Day 4)** Try yoga **Day 5)** Sweat **Day 6)** Stretch **Day 7)** Write down 5 things to be happy about **Day 8)** Listen to your favorite album, cell phone free **Day 9)** Set aside time for creativity **Day 10)** Play a board game with someone **Day 11)** Clean out a junk drawer **Day 12)** Meditate **Day 13)** Write down 5 things to be happy about. **Day 14)** Take a walk without your phone **Day 15)** Write a thank you note **Day 16)** Call a friend **Day 17)** Take a nap **Day 18)** Schedule your annual check up – schedule it now, so you don't have to worry later **Day 19)** Write down 5 things to be happy about. **Day 20)** Make a healthy recipe (Try our crockpot recipe above!) **Day 21)** Take 5 deep breaths **Day 22)** Smile at a co-worker **Day 23)** Write down your 5 year dream plan **Day 24)** Dance! **Day 25)** Write down 5 things to be happy about. **Day 26)** Try to smile more **Day 27)** Start a journal **Day 28)** Use your FitBit to take a 2 minute quiet break **Day 29)** Look in the mirror and tell yourself you are worth it. **Day 30)** Get a massage!

UPCOMING WELLNESS HIGHLIGHTS:

- **August 12th** – Premier had their annual Bowling event, which was a huge success and we are so happy that so many people showed up to get to know their associates and promote social wellness!
- **September 9th** – The Wellness Committee is partnering with the Community Service Committee for the Tunnel to Towers 5K! We hope to see you there!
- **October** – October is Breast Cancer Awareness Month! More to come about our Wear pink to work day and the Making Strides Against Breast Cancer 5K and Fundraising! We will also be announcing in September which day we will be hosting flu Shots

ABOUT PREMIER EYE CARE

Introducing Premier Eye Care's Health and Wellness newsletter! Each month we will post one of these on our boards, to let you know about upcoming events in the area and our company concerning Health and Wellness.

Why is Health and Wellness so important to us? Wellness is more than just physical fitness and can affect multiple parts of your life: lower levels of stress, increased self-image, reduced healthcare costs, reduced absenteeism, increased morale and productivity, as well as improved physical fitness.



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