



On Wednesday Nov. 6th the Wellness Program celebrated the American Heart Association's "National Eating Healthy Day" at the Social Services Building!

We shared a heart healthy menu sampling of **Turkey Chili**, prepared and presented by Marilou Rochford, Family and Community Health Sciences Educator of Rutgers.



THANK YOU TO ALL OF THE STAFF AND EMPLOYEES OF THE SOCIAL SERVICES BUILDING FOR HOSTING OUR EVENT! WE HOPE YOU HAD AS MUCH FUN AS WE DID!

WE CONTINUE TO HOLD MONTHLY HEALTHY EATING EVENTS AT THE RUTGERS EXTENSION CENTER.

JOANN and MARILOU

Some Tips to remember:

- Bring a heart-healthy lunch to work.
- Make healthier choices at the vending machines – avoid salty chips and sugary snacks.
- Know Your Numbers! Monitor your blood pressure, cholesterol and weight – speak with your health care provider about ways to keep these numbers within safe limits.

For more information call the Wellness Division. Or visit the American Heart Association's website: www.heart.org/HealthyLiving for free tips, tools and trackers to stay motivated.