

Heritage Behavioral Health's Health and Wellness Newsletter

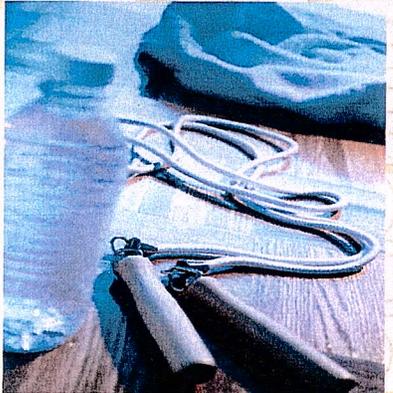
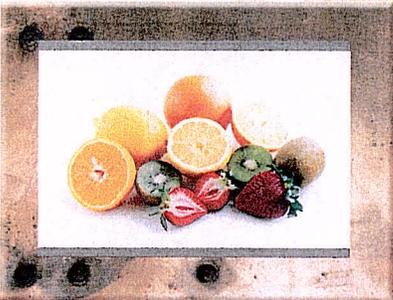
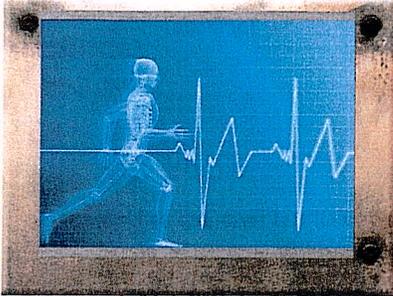
OCTOBER 2013

VOLUME # 1 ISSUE # 1

- If you need help with cutting back or quitting smoking you can contact [Lisa Smith](#) at 420-4760 or [Michael Grady](#) at 420-4729
- If you need help with a medical issue you can contact [Kathy Bourne](#) at 420-4739 or [Lisa Smith](#) at 420-4760
- If you need help with anything fitness related you can contact [Michael Grady](#) at 420-4729
- If you need help with appointments you can contact [Jeanetta Smith](#) at 420-4732 or [Tara Stokes](#) at 420-4709
- If you need help with Nutrition you can contact [Kathy Bourne](#) at 420-4739, [Tara Stokes](#) at 420-4709 or [Michael Grady](#) at 420-4729

Food for Thought

- *Keep a food diary*
 - *Helps you see how much you eat (makes you more aware and makes you a conscious eater)*
 - *Helps you see the unhealthy food choices you make*
 - *Helps you see the healthy food choices you make (or for some of us the lack thereof)*
- *Drink Water!*
 - *Water makes up anywhere from 60 to 75 percent of our body weight*
 - *Water helps regulate body temperature*
 - *Water helps lubricate joints*
 - *Water helps with shock protection to joints and organs*
 - *Water helps prevent your skin from being dry and it also reduces acne*
 - *Water removes waste and helps prevent constipation*
 - *Water flushes toxins out of our body and strengthening our natural healing process*



Foundations for Fitness

- Take small steps and pace yourself, you can't change yourself overnight!
- At least 30 minutes of exercise a day (can be done 5 minutes at a time)

Heritage Behavioral Health's Health and Wellness Newsletter

OCTOBER 2013

VOLUME # 1 ISSUE # 1

Congratulations on making your Goal

- Congratulations to Jami who has lost weight!
- Congratulation to Aaron who has stopped smoking
- Congratulations to Tawney who has slowed down on smoking and lost weight.

Congratulation on helping to make goals possible

- Congratulations to Michael who helped Jami to lose the weight!
- Congratulations to Lisa and Michael who helped Aaron

Full Serenity Prayer

God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. Living one day at a time; Enjoying one moment at a time; Accepting hardships as the pathway to peace; Taking, as He did, this sinful world as it is, not as I would have it; Trusting that He will make all things right if I surrender to His Will; That I may be reasonably happy in this life and supremely happy with Him Forever in the next. Amen.

Diabetic-Friendly Peanut Butter Cookies

Ingredients:

- 1 cup peanut butter (smooth or crunchy...your choice)
- 1 cup sugar substitute (Splenda)
- 1 egg
- 1 tsp. vanilla

Directions:

- Mix together well and form into balls (about the size of large walnuts)
- Dip fork in Splenda and press tines into cookie
- Bake on parchment lined cookie sheet at 350 degrees for 12 minutes.
- Let cool on sheet or cooling rack.



One Day at a Time

*Heritage
Behavioral Health
Center, Inc.*

HERITAGE BEHAVIORAL HEALTH CENTER

151 North Main St
Decatur, IL 62523

*Heritage
Behavioral Health
Center, Inc.*