

MAY 2023

ATLANTICARE WELL-NEWS

QUESTIONS?

CALL: 609-677-7507

EMAIL: WELLNESS@ATLANTICARE.ORG



May is National Nurses Month

Join us as we celebrate the people who help us get well. Keep an eye on your email for additional information about walks, LifeCenter access, dancing and more!

Is there a nurse on your team that role models healthy habits? We want to hear about it! **Email wellness@atlanticare.org and tell us why. All nurses who are acknowledged will receive a prize and card with the name of the person that recognized them.**

Mindful Expressions: Charcuterie Class

Don't miss the next Mindful Expressions class June 7th from 5:00 p.m. - 7:00 p.m. We will be hosting a charcuterie class at the LifeCenter. **Click the picture above to sign up.**

Peanut Butter Banana Bread

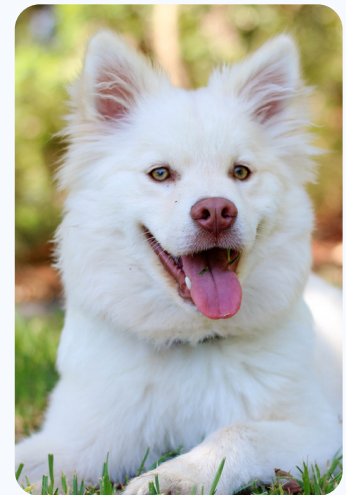
Add extra flavor to your favorite bread recipe with this Salted Peanut Butter Banana Bread number. Made with healthier ingredients and ready to enjoy in under an hour!

RECIPE



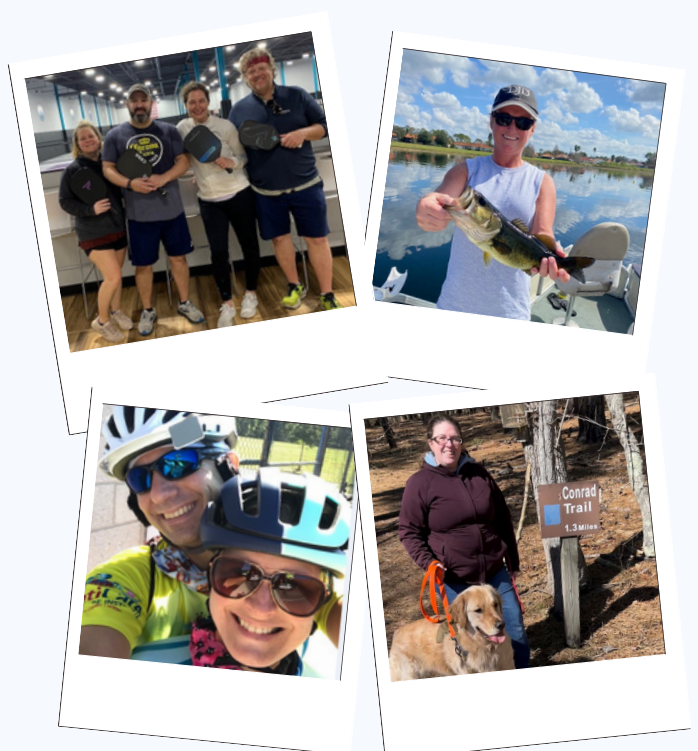
Animal First Aid & CPR

Join the team from Absecon Veterinary Hospital for a free 2-hour session on the Human-Animal Bond, Animal First Aid, Animal CPR. AtlantiCare employees are invited to participate on May 24th from 4:30-6:30 p.m. at the LifeCenter. Reserve your spot asap. **Call 609-677-7507.**



Make Time for Play Picture Submissions

Thank you to all those who participated and submitted their pictures as they made time for their hobbies, reducing stress and improving their mood. **Check out your pictures here** or keep your eyes peeled on the Starfish Banner.





Health Talk: Plant-Based Diets

Learn how to follow a plant-based diet without having to commit to vegetarianism or veganism in your eating or lifestyle practices. Join us on May 9th at the LifeCenter for the 5:00 p.m. presentation. **Call 609-677-7507 to register.**

Tobacco Cessation Classes

Join us for an interactive health talk to learn more about supportive cessation methods, how to create a quit plan that's right for you, and how to prepare to cope with common triggers.

Next class: **Monday, May 15th at 1:00 p.m.**

Call 609-677-7507 to register.



Meditation Classes

Practice relaxation and mindfulness techniques with Maribel, AtlantiCare Wellness Specialist. Every 2nd Tuesday of the month at the AtlantiCare LifeCenter. For more information **call 609-677-5433.** **Free for members; \$10 for non-members**

