

Therefore let us pursue the things which make
for peace and the things by which one may edify
another. **Romans 14:19; NKJV**



Wellness Fair 2022

"For I will restore health to you
And heal you of your wounds," says the LORD." JEREMIAH 30:17, NKJV

The Wellness Committee, in partnership with Atrium Health Wake Forest Baptist, is pleased to announce the upcoming Wellness Fair for 2022! Save the date to this free event and use this opportunity to take away health tips and resources from vendors within our community. The Wellness Committee is hosting two fairs, one in Boone and one in North Wilkesboro. There will be giveaways and raffles for those employees who attend!

SAVE THE DATES:

- **Boone, NC – Wednesday, June 15, 2022**
 - OCC Processing Center - 139 Milton Brown Heirs Rd., Boone, NC, 28607
 - Time of event: 11 a.m. – 2 p.m.
- **North Wilkesboro, NC – Friday, June 24, 2022**
 - Wilkes Training and Conference Center* - 122 White Pine Street, North Wilkesboro, NC, 28659. **A shuttle bus will be running from the Capin Building to WTCC throughout the day of the event. Please park in the Capin parking lot.*
 - Time of event: 11 a.m. – 2 p.m.

Who Can Attend:

- This event is FREE and is open to *all employees* at Samaritan's Purse
- No need to RSVP, simply show up the day of the event

**5 Tips to Support Men's Good Health at Any
Age - June is Men's Health Month**

Even with advances in medicine, men die 5 years earlier than women on average. Men are more likely to die of heart disease, cancer, and accidents/injuries.

Take these steps to boost your health now and in the future:

1. **Make healthy food choices.** Choose mostly plant-based foods (fruits, vegetables, beans, and whole grains that are rich in fiber). The Mediterranean diet or the DASH (Dietary Approaches to Stop Hypertension) diet plans are good places to start.
2. **Aim for 30 minutes of activity most days.** If you have a job where you sit for long periods of time, be sure to set breaks. This way, you can stretch, do jumping jacks or jog in place.
3. **Don't ignore your feelings.** Life can get tough sometimes. Be aware of your emotional health and stress.
4. **Kick the smoking habit.** Any type of tobacco use (smoking, chewing, sniffing, or vaping) is linked to a lot of health conditions and poor outcomes. But remember, most people don't quit on the first or second try. So, don't give up.
5. **Stay up-to-date with regular health check-ups, vaccinations, and screenings.** When you do, you:
 - * Have a better sense of your baseline health (cholesterol, blood pressure, blood sugar, and other numbers)
 - * Prevent or lower the risk of some infection
 - * Can catch health issues early on when they are easier to treat



For more information, read our [Guide to Men's Health](#) and take control of your health.

Chicken Kabobs

- 1 lb. boneless skinless chicken breast, cut into cubes
- 20 grape tomatoes
- 1 large orange pepper, cut into chunks
- 1 medium onion, cut into chunks
- 2 tbsp. light Italian dressing
- 2 cups black beans

Directions:

Divide the first 4 ingredients evenly among 4 skewers. Brush each skewer with dressing.

Grill over medium-high heat until chicken is cooked through (170 degrees).

Serve each skewer with half a cup of black beans.



Workplace Safety Reminders

At work, it's always a good idea to think through your workspace and the things you need to do.

This includes any physical and mental demands you may have. You want to make sure you're staying safe!

- Always follow safety processes
- Use protective equipment
- Talk often with your team about safety concerns
- Report any concerns that could be a safety threat



Did you know?

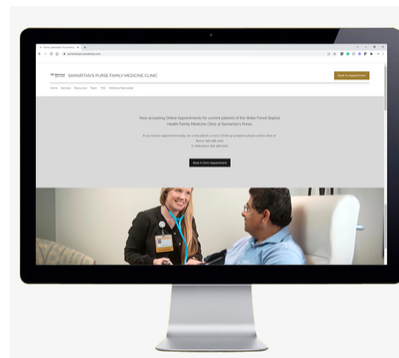
- Nearly 3 out of 100 workers have a workplace injury each year.
- Most of these (8 out of 10) are due to slips, trips, falls, or strains.
- Workplace injuries have dropped by 75% since 1972. This is due to better protection, training, and other workplace safety efforts.

Source: U.S. Bureau of Labor Statistics

Wellness Website

The Wellness Website includes:

- **Link to book clinic appointments online**
- Information and FAQs about the services offered at the clinic
- Meet your care team
- General wellness resources
- Link to sign up for the monthly wellness newsletter, and past issues
- And more!



It can be found at samaritanspursewellness.com

Check it out

Book An Appointment At The Clinic

Wellness Website

myWakeHealth

Call the Clinic

Boone: 828-588-2020

N. Wilkesboro: 828-588-6262

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