

John 6:35 And Jesus said to them, “I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst.”



CAREpath for preventing and managing diabetes

Samaritan's Purse's insurance, URM, offers a program just for those on the insurance plan to help you prevent or manage diabetes. Through the CARE app, powered by Vivify Health, where you can engage with a CARE nurse, coach or social worker. This app will allow you to:

- have access to educational and behavior change information
- initiate a virtual visit between a CARE nurse
- report progress on behavioral changes to the CARE nurse

If you have additional questions about diabetes or prediabetes please make an appointment at the Family Medicine Clinic to talk with a provider.

[Enroll Today!](#)

[Book A Clinic Appointment](#)

Join the Wellness Committee

Are you passionate about health and wellness? Do you like fitness? Do you love to motivate others on their wellness journey?

If so, the Wellness Committee at Samaritan's Purse is looking to add members to the Charter Committee. The Wellness Committee meets once a month for an hour and focuses on hosting 3 events per year at Samaritan's Purse. If you are interested in potentially serving, please send an email to benefits@samaritan.org and indicate your name and which department you work in at Samaritan's Purse.



Chicken and Vegetable Kabobs

1 pound boneless skinless chicken breasts, cut into 1-1/2-inch cubes

1 medium sweet red pepper, cut into 1-1/2-inch pieces

1 medium zucchini, cut into 1-1/2-inch pieces

1 medium red onion, cut into thick wedges

2/3 cup sun-dried tomato salad dressing, divided



Directions:

In a large bowl, combine chicken and vegetables. Drizzle with 1/3 cup dressing and toss to coat.

Alternately thread chicken and vegetables onto 4 metal or soaked wooden skewers.

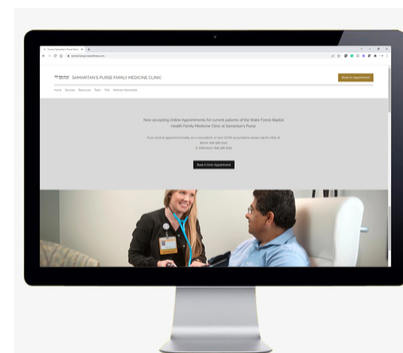
Grill kabobs, covered, over medium heat or broil 4 inches from heat until chicken is no longer pink, 8-10 minutes, turning occasionally and basting with remaining dressing during the last 3 minutes.

Nutrition Facts: Diabetic Exchanges: 3 lean meat, 1 vegetable, 1 fat

New Wellness Website

In collaboration with Wake Forest Baptist Health, Samaritan's Purse has launched a Wellness Website just for you! 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!



Check it out!

5 Ways to keep your spine healthy and happy

- **De-stress your spine while sleeping:** Support your spine by lying on a medium-firm mattress and placing a pillow between your legs or under your knees to reduce pressure on the spine.
- **Exercise your core:** Engage in core-building exercises to strengthen your lower back and abdomen muscles to stabilize your spine.
- **Wear shoes that support your spine:** Wear shoes that provide a supportive base to help the spine and body remain in alignment. Make sure that the area of the shoe that fits the back of your heel is snug but not overly tight.
- **Indulge in a massage:** Pamper your spine with a good back massage, which has several therapeutic benefits, such as increasing blood flow, loosening tight muscles and connective tissue, and boosting the feeling of relaxation.
- **Support your spine while sitting:** Find the right office chair and practice an ergonomically supported sitting posture to help maintain the natural curve of your back.



Learn More

Book An Appointment At The Clinic

Wellness Website

myWakeHealth

 **Wake Forest[®]**
Baptist Health

Call the Clinic

Boone: 828-588-2020
N. Wilkesboro: 828-588-6262

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