

Educate
the Mind

Energize
the Body

Encourage
Others

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October Overview



Hello Wellness Warrior, and welcome to our new monthly newsletter format. We hope you like it!

First off, KUDOS to all that participated in the Taste of Wellness Warriors 5K field day. What a true success! We had great food, friends, and fun at our field day event, which attracted Wellness Warriors and other faculty and staff. We hope you had fun and enjoyed yourself, whether you just sampled some delicious food, went to an EAP seminar, or

walked/ran the 5K.

The Greatest Loser competition has ended for round one. Let's celebrate the winners!

TEAM PLACES

1st Place: GREEN TEAM with 3050.5 points - Trainer Heather

2nd Place: BLACK TEAM with 2511.3 points - Trainer Eric

3rd Place: GOLD TEAM with 2136.0 points - Trainer Shila

INDIVIDUAL WINNERS

1st Place: Ray Lindenmuth with 289 points

2nd Place: Jane Ferng with 219 points

3rd Place: Stephanie Fries with 210 points

CONGRATULATIONS!

Greatest Loser Round 2 coming at you soon. There are still about 50 available spaces for BOTH Wellness Warriors and other non-wellness warriors. (Participants must be benefits eligible faculty and staff!) We have limited spots available so make sure you come in on October 2nd to register and weigh in. There are registration forms at the front desk of the RFC if you are interested in signing up for this program. Do YOU have what it takes to be the Greatest Loser? Learn more by visiting our website at wellness.wayne.edu and clicking the Greatest Loser icon!



Tip of the Month: Breast Cancer Awareness!

October is Breast Cancer Awareness month. Breast cancer affects both men AND women and it is highly treatable if caught early.

Did you know that a breast self-exam (BSE) is a tool that may help you become familiar with the way your breasts normally

look and feel? BSEs may help you find tumors in the time between your annual mammogram and/or clinical breast exam. For men, it may be the *only* time that such a test is performed.

Doing a BSE is easy and you can learn how to do one by

visiting www.komen.org and selecting Understanding Breast Cancer > Early Detection & Screening.

For more information on breast cancer in men, a helpful site to start with is

www.breastcancerinmen.com.



Get ready to fill those bowls!

What will YOU learn this month as a Wellness Warrior?



Recipe of the Month

Healthy Vegetable Gumbo (by Chef Paul at HAP)

4 Tablespoon(s) Paul Prudhome's Meat Seasoning
6 cup(s) mustard green chopped
3 cup(s) onion chopped
2 cup(s) green bell pepper chopped
2 cup(s) celery chopped
3 cup(s) okra, fresh sliced
3 bay leaf
1 cup(s) apple juice
6 Tablespoon(s) flour, all-purpose browned
3 cup(s) vegetable stock, low sodium
3 cup(s) collard greens chopped

6 cup(s) brown rice, cooked
Preheat a heavy 5-quart pot over high heat to 350°, about 4 minutes.

Add 3 cups of the mustard greens, 2 cups of the onions, all of the bell peppers and the celery, 1 cup of the okra, and the bay leaves. And 2 tablespoons of seasoning.

Cook for about 8 minutes stirring occasionally to check for sticking.

Add the apple juice and remaining seasoning mix, stir, and cook until most of the liquid is absorbed, about 6 to 8 minutes.

Add the browned flour and stir

until it is completely absorbed and a paste forms.

Cover and cook 1 minute.

Add both the stocks, stir well, cover, and bring to a boil, and cook 3 minutes.

Add the collard greens, the remaining mustard greens, onions, and okra, and mix thoroughly.

Cover the pot and bring to a boil, about 5 minutes.

Serve over rice.

[CLICK HERE TO DOWNLOAD](#)

October Programs

Programming is for registered Wellness Warriors only. To register, visit Pipeline at <http://pipeline.wayne.edu> scroll down to "Wellness" and select the program(s) of your choice.

 **NEW FOR TECHNO-SAVVY FOLKS:** Get RSS updates of Wellness Warriors programs on our website. New programs will show up in your RSS reader of choice. [CLICK HERE to get the feed address.](#)

October 2, 8am-1pm, Wellness Warriors: GREATEST LOSER II REGISTRATION, RFC *(No Pipeline registration. Weigh-in guarantees your spot.)*

October 6, 12:15pm, Stages of Change, 3700 A/AB

October 8, 5:30pm, Mind and Body, Studio 258

October 15, 5:30pm, Mind and Body, Studio 258

October 20, 12pm, Simple Elder Massage Techniques, 3700 AAB

October 22, 5:30pm, Mind and Body, Studio 258

October 29th, 5:30pm, Mind and Body, Studio 258

NOTE: To ensure that all may participate, you may sign up for only ONE session of Mind & Body

Special Event: The Blue Cruiser is Coming!

TUESDAY, OCTOBER 13, 8-6! Step aboard The Blues Cruiser for a free health screening, as well as wellness resources, refreshments and giveaways. The screenings are a fast and cost-effective way to detect potential health risks that can lead to more serious and costly health issues if un-

addressed. Licensed, registered nurses will perform the screenings, discuss results and offer counseling and recommendations for follow-up with each visitor. Appointments are required, so employees should utilize the Wayne State University Pipeline registration system. Em-



ployees may schedule appointments now through 5:00 p.m. on Friday, October 9.

OPEN TO WELLNESS WARRIORS AND NON-WELLNESS WARRIOR FACULTY & STAFF. ALL MUST REGISTER! (CLICK HERE FOR FLYER)