

August 26, 2007

Dear GHD Member,

As you are preparing different schedules for your family as school begins, I sincerely hope that you include exercise and healthy habits in your new routine. Prioritize your commitments and remember to include personal time for yourself. You can't do everything in a 24 hour day. Since we can't change the amount of time allotted to us, make sure you are using your time in the most efficient and healthy way.

Snap Fitness of DeSoto is offering Get Healthy DeSoto members a 10% discount in their fitness facility. To take advantage of this offer, just show owners Mark & Maureen your GHD membership card. For more information call 636-337-7350. Snap Fitness is located across from the DeSoto Wal-Mart.

Another exercise opportunity is offered at Bodies @ Work located at 414 W. Main Street in Festus, Mo. (Dr. A. Pappas Chiropractic Bldg.) They affectionately call this the "Zen Zoo". Pilates and Yoga offered. Grand opening is Saturday September 9th. Call Donna at 314-488-8552 for more information.

Great news! Swing Dance classes and Yoga classes began on August 7th at 13300 Hwy CC. (This is a little hall that is near Olympian Village on Highway CC at Highway 110 and 67) Swing Dance class is \$5.00 per person per class and Yoga is \$12.00 for drop-in participation. For more information contact Deb at 314-808-4363.

DATES TO REMEMBER:

- **P.A.C.E.** (People With Arthritis Can Exercise) Class meets every Tuesday and Thursday morning at 9:00 a.m. in the DeSoto Public Library. One time fee of \$5.00 includes an exercise booklet from the Arthritis Foundation. Classes conducted by RN trained by the Arthritis Association. Call Debby at 586-4570 for info.
- **Walking Club** meets at the southern end (the cul-de-sac) of Walther Park every Tuesday and Thursday evening at 6:00 p.m. Contact Cliff at 586-2343 for more information. Walk at your own pace.
- **Indoor Walking Track** at the DeSoto Senior High School is open to the public every weekday morning from 6:00-7:00 a.m.

August 30th **DeSoto Dragon Football Season** opens at 7:00 p.m. in the J.C. Culwell Stadium. Remember to support our young athletes.

September 8th **Adult CPR & AED/Child/Infant CPR** sponsored by the American Red Cross. 8:30 a.m.-4:00 p.m. Cost is \$50.00 Call 636-464-9150 for more information or to enroll.

September 14th **DeSoto Community Foundation GOLF TOURNAMENT.** Shotgun start at 12:00 noon. Four person scramble-two flights. Place is Cottonwood Golf Course. Cost of event is \$240.00 per 4 person team. Hole sponsorship is \$50.00. Contact Bruce King at 797-5385 to register or for info.

September 22nd **DeSoto Fall Festival** sponsored by the DeSoto Chamber of Commerce. Festival is being held in Walther Park from 9:00 a.m. to 4:00 p.m.

September 25th & 26th **Union Pacific Railroad Annual Health Fair.** Fair is open to railroad employees and their families. Retired U.P. employees are welcome to participate.

Did you know?

Stroke Symptoms

"Each year, more than 700,000 Americans suffer a stroke. Would you recognize these sudden-onset stroke symptoms?"

- ❖ Numbness on one side of the body, particularly the arms, leg or face.
- ❖ Confusion or difficulty speaking or understanding
- ❖ Vision problems
- ❖ Problems walking, usually due to dizziness, coordination problems or loss of balance
- ❖ Severe headaches for no known reason"

The above information from the "to your health!" flyer from Barnes-Jewish Hospital.

Easy Shrimp Creole (Sinfully Healthy)

1 pound shrimp (cooked and peeled) 1 Tablespoon extra virgin olive oil 1 16 ounce can stewed tomatoes
½ can tomato soup ½ can tomato sauce 2 Tablespoons Worcestershire sauce ½ cup minced onion
½ cup minced celery ½ cup minced green pepper 1 teaspoon sugar ½ teaspoon vinegar Creole seasoning to taste

Cook shrimp and peel, or purchase already cooked and peeled. Sauté onion, celery and green pepper in olive oil. Add tomatoes, soup and tomato sauce. Add sugar, vinegar and Worcestershire sauce and simmer until mixture thickens. Simmer for 1 hour or longer and add cooked shrimp right before serving to heat. Add Creole seasoning to taste. Serve over white rice. Makes 4 servings: Nutritional information Per Serving: Calories 177; Protein 21.5G; Carbohydrates 11.7G; Dietary Fiber 1.50G; Fat Total 5.45G; Fat-Saturated 0.630G; Sodium 713Mg;