

We want to feature you in the 2024 TBRHSC Health and Wellness Calendar!



Corn Salsa

Diane De Silva
Dietician, Specialist, Telehealth

Ingredients:
 3 ears cooked corn (or 4-5 ears of corn)
 1 can black beans, drained and rinsed
 1 cup bell peppers, seeded and rinsed
 1/2 cup cherry tomatoes, diced
 1/2 large red onion, finely diced
 1/4 cup fresh parsley or cilantro

Instructions:
 2 cloves of garlic, peeled and minced
 1/2 jalapeno pepper, seeded and finely chopped
 1/2 tsp fresh lemon juice
 1/2 cup creamy soy-free dressing
 1/4 tsp salt
 Black pepper to taste
 1 bag of tortilla chips (optional)

Peas in a Pod

Taking time to enjoy a meal with friends, family, or colleagues is a great way to connect and add excitement to our lives. By eating with others, we can enjoy quality time together, share food traditions, and explore new healthy foods. The recipe to eating with others often starts by making a plan.

Here are 4 ideas to get you started:

- Plan a brunch date with friends.
- Have lunch with a colleague or friend.
- Plan a weekly dinner with extended family members or friends.
- Start a dinner party amongst your friends where everyone takes turns hosting.

Ojibway
Phrase/Word of the Month

Gather
Mawadoonikaal (Má, wá doon, i kay)

JULY

Your Monthly Inspiration
Try a local restaurant with a friend and submit a photo of your favourite meal. Check out informed for more details.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Canada Day	4	5	6	7	8
9	10	11	12	13 Pay Day	14	15
16	17 😄 Smile Day	18	19	20 Pay Day	21	22
23/30 International Friendship Day	24/31 International Self-Care Day	25	26	27	28	29

Billie Forshaw (CMT, Accurate Psychology) and her family dove into building a healthy lifestyle after she was diagnosed with stage 3 breast cancer in 2019. Since then, they enjoy cooking together, trying new recipes and even started their own business. They started their business no matter how the outdoors no matter the weather and are always up for a new adventure.

One thing Autumn Edwards (All Arounds, Informed Resources) looks forward to in the summer month of camping. In the summer month of camping, we can really enjoy our time off and take a full mental and social break. There is nothing more refreshing than making use of nature and spending the rest of your day hanging out on the lake.

What do you need to do?
 Participate in one of three ways:

1 Send in your favourite healthy recipe.

OR

2 Tell us how you stay healthy and well. This could be any form of physical, emotional, social, spiritual, occupational, financial or environmental wellness activity.

OR

3 Share a health and wellness fun fact.

Questions? Contact
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Thunder Bay Regional Health Sciences Centre
 Prevention and Screening Clinical Services

Wellness Committee
 THUNDER BAY REGIONAL HEALTH SCIENCES CENTRE