October Seminar/Orientation Dates

**Seminar Dates**
For individuals interested in surgical and/or non-surgical weight loss:

Monday, Oct. 10 – 5 p.m. – River Campus
Monday, Oct. 24 – 3 p.m. – River Campus

**Orientation Dates**
For individuals interested in non-surgical weight loss:

Thursday, Oct. 6 – 3 p.m. – River Campus
Thursday, Oct. 20 – 3 p.m. – River Campus

To register, please call 320-240-2828 or visit our website at centracare.com.

**Want More?**
Is our monthly newsletter just not enough? Well you are in luck!

We have been working hard on our Weight Management Blog and our Weight Management Pinterest board to stay connected with YOU!

**To find our blog articles**, click here. Scroll to the bottom of the page and you will see a listing of our most current blog articles written by us!

**To get to our Pinterest board**, click here. Or simply search CentraCare Health on Pinterest and find the Weight Management board.

**Upcoming Fitness Events**

CentraCare Wishbone 5K/1K
Whitney Park
Nov. 24, 2016

Snowflake Shuffle 5K
St. Joseph, MN
Dec. 3, 2016

Ugly Sweater 5K & 10K
Minneapolis, MN
Dec. 17, 2016
Eating on the go can be healthy

Kristen Bricko, Registered Dietitian

While living in a fast-paced society and always being on the go, it can often be challenging to make healthful and mindful dietary choices. There are many different options to choose from to get a desirable amount of variety within a day and to help keep it interesting! Whether preparing a meal for one or a family of five, here are some quick on the go meals with easy, simple ingredients that will meet everyone’s time and budget.

Breakfast

- Overnight oats: ½ cup old fashioned rolled oats (uncooked), ½-¾ cup Greek yogurt, 3 Tbsp. milk. Suggested toppings: fresh fruit, chopped nuts, cinnamon. In a small bowl, stir together uncooked oats, yogurt and milk. Cover and place in refrigerator for a minimum of six hours to let the oats soak up the liquid. Remove from refrigerator and add desired fruit, nuts, and spices. Add extra milk if needed.
- Breakfast sandwich: Choices of bagel thin, 1 egg (or ½ liquid egg whites), 1 slice of cheese of choice. Microwave egg in a microwave safe container until done, place egg and cheese on toasted bagel thin. Enjoy!

Lunch

- Greek yogurt/cottage cheese and fruit: ¾ cup yogurt or cottage cheese and ¾ cup berries of your choice.
- Open face chicken salad sandwich: 3 oz. cooked shredded chicken (or canned chicken), ⅛ cup diced celery, ⅛ cup grapes (halved), 1 Tbsp. green onion, 1 Tbsp. mayonnaise, 1 Tbsp. sour cream or ranch dressing, salt and pepper to taste, 1 Tbsp. lemon juice, 1 slice whole wheat bread (or bread of choice). Mix all ingredients together and spread on a slice of bread.
- Black bean wrap: ⅛ avocado, 1 handful baby greens, ¼ cup black beans, ¼ cup corn, 1/3 cup salsa (optional), 1 whole grain tortilla. Combine all ingredients and place on wrap of choice.
- Tuna salad on apple slices: 1 5 oz. can tuna, 1 Tbsp. mayonnaise, 1/8 tsp. black pepper, 1/8 tsp. salt, 1 tsp. apple cider vinegar, 1 apple sliced.

Supper

- Barbecue chicken: 1 rotisserie chicken, 1 Tbsp. barbecue sauce, dollar bun. Side of non-starchy vegetables and/or fruit.
- Quesadilla: Utilize rotisserie chicken leftovers, 2 lower calorie tortilla shells, ¼ cup shredded cheese, add in desired amount of diced peppers, tomatoes, onions and enjoy with salsa on the side.
- Whole wheat English muffin meat/veggie pizza: 1 English muffin (2 halves), canned pizza sauce, shredded cheese of choice, chopped vegetables of choices (onions, broccoli, cabbage, tomatoes, lettuce/spinach), sausage pieces. Top your English muffins with desired toppings and bake for 10 minutes at 375 degrees F or until the cheese is melted and browned on the edges.
Medical Program

Non-Surgical Weekly Class

Open to all patients currently in Reduction, Balance or Maintenance.

Note: Weighing in, ordering product and payment will take place PRIOR to the start of class. Due to this, please arrive 15 minutes prior to class start time.

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<thead>
<tr>
<th>Week of</th>
<th>Topic</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Oct. 3-7</td>
<td>Increasing Activity</td>
<td>Tues, Oct. 4 – YMCA Active Class</td>
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<td>Oct. 10-14</td>
<td>Quick and Easy Meals</td>
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<td>Oct. 17-21</td>
<td>Personality and Weight Loss</td>
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<td>Oct. 24-28</td>
<td>Using Apps to Keep It Off</td>
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** If you would like to attend class, get scheduled by calling our office at 320-240-2828, or let your coach know at your next visit. **

Online Product Ordering Coming Soon!

If you are interested in ordering your product online prior to your visit, discuss how to get started with your coach at your next coaching visit!

** You must attend your visit for the week to pick up your products **
Surgical Support Group

Would anyone like to be a Journey speaker?
If you would like to share your weight loss surgery story with others, please contact Alyssa at 320-255-5883.

Want to get connected to others who have had Weight Loss Surgery?
Central MN WLS has a private group on Facebook (so no one will know you are in the group, except those in the group, and will not see what you write on your regular page). Come to support group so that we can get your information and add you! Hope to see you join us real soon!

Directions to Support Group: Surgical Support Group is held at the St. Cloud Hospital Riverside conference center. Please enter the hospital through the North Entrance, go towards the Lakes Elevator and follow the signs reading “Weight Loss Surgery Support Group” to the meeting room.

Suggestions for Support Group Topics?
Let the leader know at any of the support groups and we will do our best to accommodate!

Lunch Time Twists: Sandwiches
Getting bored with your usual sandwich routine? Check out the twists on the lunchtime standby below.

Add Variety:
- Skip the bread. Wrap your sandwich in a lettuce leaf for an added crunch, while also cutting calories.
- Try out alternatives to bread. Pita pockets, sandwich thins and English muffins all bring a different flavor and texture to your sandwich. Make sure to choose a whole grain option to add more fiber and find a ‘light’ version to keep calories down.
- Try it toasted/warm. Warm up your fillings and toast your bread. This alone will change the flavor of the sandwich.
- Switch up your spread. Try out a chipotle mayo or a dollop of salsa to add zing to your lunch.
- Add vegetables. Adding vegetables adds crunch and extra flavor to your sandwich.
- Add fruit. If your little ones are PB & J fans, add chopped fruit (strawberries, bananas and apples are all tasty options) to their sandwich and go light on the jam/jelly.
  - For more protein, mix in Greek yogurt with the peanut butter and jelly. Swipe on bread and sprinkle with chopped up fruit.

Prep ahead:
- Measure 3-4 oz. servings of protein and package up in single portions for the week.
- Measure out enough spread of your choice (if you are using a spread) for the week and place in a small dressing cup.
- Package up the ‘wrapper’ of your choice (lettuce/bread/alternative) separately to avoid soggy sandwiches.

Dietitian tips:
- Sandwich/luncheon meats can be higher in fat and sodium. Opt for turkey, chicken and ham to keep fat lower. Look for a lower sodium option in the grocery aisle. You may also consider using home cooked proteins for your sandwiches instead.
- Spreads/dressings can add up. Make sure to measuring them out and use sparingly.

Surgical Program

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<tr>
<th>Date</th>
<th>Time</th>
<th>Topic</th>
<th>Place</th>
<th>Leader</th>
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<tbody>
<tr>
<td>Thursday, Oct. 6</td>
<td>5:15-6:15 p.m.</td>
<td>TBD</td>
<td>Aspen Room</td>
<td>Alyssa Monson, RD, LD</td>
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<td>TBD</td>
<td>Aspen Room</td>
<td>Alyssa Monson, RD, LD</td>
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