

Health Promotion Newsletter

December 2016

Welcome!

Twin Bridges is pleased to welcome Darryl Silvestri into the role of Family Counsellor for the next few months.

Darryl will be available for appointments on Monday, Tuesday and Wednesday each week. You will also have the chance to work with Darryl in various programs settings.

Clinic Hours -HOLIDAY CHANGES

Please note the following:

Tuesday, December 20th: 9:00:5:00

Monday, December 26th; CLOSED

Tuesday, December 27th: CLOSED

Monday, January 2nd: CLOSED

Looking Ahead to 2017

New programs have been added to the calendar. More information and registration can be done at www.tbnplc.com or by calling 226-776-9030

Twin Bridges NPLC
109 Crawford St, Sarnia ON, N7T 2Y7
226.776.9030 www.tbnplc.com

Health and the Holidays

The holidays are meant to be an indulgence in time with those we love most. This season, let's prioritize our health and wellness without missing out on the holiday cheer.

Emotional & Mental Health

- Learn the power of a "healthy no"; saying "no" is an invitation for a healthier "yes"
- Take some alone time to acknowledge how you feel
- Try "20 minutes of awesome": 20 minutes to just be with your thoughts and re-group during the day

Nutrition

- Eat the best-for-you offerings first
- Concentrate on your meal while you're eating it
- Choose indulgences wisely

Physical Activity

- Consistency is key
- Break it up into smaller increments over the day
- Use the break in routine as a chance to try a new activity



From the team at Twin Bridges NPLC, we want to wish you a safe and joyous holiday season. Thank you for a wonderful year and we look forward to partnering with you and your families in your health journey in 2017.

2-INGREDIENT DARK CHOCOLATE TRUFFLES

Nutrition Information

Serving size: 1 truffle (of 16) Calories: 89 Fat: 5 g Saturated fat: 3.6 g Carbohydrates: 9.7 g Sugar: 8.2 g Sodium: 14 mg Fiber: 0.5 g Protein: 1.3 g

Author: Minimalist Baker

Serves: 16 truffles

Ingredients

9 ounces (255 g | 1 1/4 cup) dark chocolate*, very finely chopped (72% cacao or higher)

7 Tbsp (90 ml) light (or full fat) coconut milk, well shaken

optional: 1/2 tsp vanilla extract

optional: 1/4 cup (24 g) unsweetened cocoa or cacao powder, or finely ground hazelnuts (for coating)

Instructions

Place finely chopped chocolate in a medium-sized mixing bowl. The finer the chocolate is chopped, the easier it will melt and the quicker the truffle-making process will go.

In a separate small mixing bowl, add coconut milk and microwave until very warm but not boiling - about 25 seconds (alternatively, heat in a small saucepan over medium heat until just starting to simmer).

Immediately add coconut milk to chocolate and loosely cover with a cooking lid or towel to trap the heat in. Do not touch for 5 minutes, then lift cover and use a mixing spoon to gently stir, trying not to incorporate air. Continue stirring until completely melted, creamy and smooth.

NOTE: If, for some reason, you have unmelted pieces left, you can microwave the mixture in 10-second increments until completely smooth (just be careful not to overcook or it can affect the integrity of the chocolate).

Add vanilla at this time and stir (optional).

Set the mixture in the refrigerator to chill uncovered for 2-3 hours, or until almost completely solid. A good test is dipping a knife into the middle of the bowl to see if any chocolate sticks. If it comes out mostly clean, it's ready to scoop. If there's still wet chocolate in the center, continue refrigerating.

Once chilled and firm, prepare a small dish of cocoa or cacao powder for rolling (optional).

Use a Tablespoon to scoop out small balls, then use your hands to gently but quickly roll/form the chocolate into balls.

Toss in cocoa or cacao powder to coat and shake off excess (or leave bare), then set on a parchment-lined serving dish. Continue until all chocolate is scooped.

Store truffles covered in the refrigerator for best freshness. To serve, let come to room temperature for 10-15 minutes before serving for optimum creaminess.

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