

Twin Bridges Nurse Practitioner Led Clinic Newsletter

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Welcome to Spring



April -June 2017



Our Mission

Promoting the health of people in Lambton County, honouring diversity and celebrating innovation through partnership.

Allergy Season

Spring is a beautiful season full of new life, and yet it can be a key allergy season for many. As plants begin to release pollen, it can be the beginning of fevers, sniffing and sneezing.

Symptom management is the best approach in dealing with seasonal allergies. A few lifestyle recommendations include:

1. Stay indoors when pollen count is high. Usually highest early in the day.
2. Keep the air in your home clean with filters and purifiers.
3. Increase your water intake. Proper hydration helps to fight the histamines in your body.

Spring programs available at Twin Bridges NPLC

April 2017:

Taste & Learn -Tuesday, April 4th @ 6pm
Stress Relieving Workshop: Tuesday, April 25th @ 6pm
Meditation: Wednesdays @ 12pm
Yoga: Wednesdays @ 5:30pm
Chair Yoga: Fridays @ 10:30am
Gentle Yoga: Fridays @ 12pm

May 2017:

StrollerFit: Mondays @ 9:30am
Chair Yoga: Mondays @ 11am
Gentle Yoga: Mondays @ 12:15pm
Therapeutic Swim: Tuesdays @ 12pm
Pelvic Floor Health: Tuesday, May 30th @ 6pm
Meditation: Wednesdays @ 12pm
Yoga: Wednesdays @ 5:30pm

June 2017:

Chair Yoga: Mondays @ 9:30am
Gentle Yoga: Mondays @ 11:00am
Women's Fitness: Tuesdays @ 5:30pm
Taste&Learn: Tuesday, June 6 @ 6:00pm
Nutritional Series -Fast Faves: Tuesday, June 20 @ 6:00pm
Meditation: Wednesdays @ 12pm
Outdoor Yoga: Wednesdays @ 5:30pm
Parent & Tot Swim: Thursdays @ 9:30am

Looking for a Primary Care Provider?

Twin Bridges NPLC is currently accepting new patients. Visit our website at www.tbnplc.com to fill out a patient registration form to initiate the intake process.

Clinic Hours

Mon , Wed, Thurs:
8:00 am-5:00 pm
Tues:
8:00 am-8:00 pm
Friday:
8:00am - 1:00pm

Spring is a time when cyclists are eager to get on the road and use alternate forms of transportation. Please be sure to share the road. As a cyclist, you can visit www.bikefriendlylambton.com for all tips and techniques to be bike safe and ready.

Healthy Habits for Spring

Taste the season!

Eating with the seasons is a great health habit to incorporate. With all the seasonal flavours and produce arriving in the spring months, it won't be hard to support our local farmers' market.

Here is a starting to guide to your spring produce:

Apricots
Artichokes
Collard Greens
Fiddlehead Ferns
Honeydew
Morel Mushrooms
Peas
Rhubarb

The Sarnia Farmers'
Market is located at 110
Proctor Street.

Hours:

Wednesdays: 7am - 1pm

Saturdays: 7am - 1pm

Easy Nutritional Changes

Melissa Jamieson has been running the Taste&Learn program since January 2017. Melissa brings a passion for food and a knowledge for nutrition. The March program was a tasty success with these Meatless Burrito bowls. Come join us for this monthly program. It runs the first Tuesday of the month at 6pm.

Burrito Bowl
6 Servings

Ingredients

1 cup Uncooked Rice*
1 cup Salsa
3 cups Chopped Romaine Lettuce
1 (15oz) can Whole Kernel Corn, Drained
1 (15oz) can Black Beans, Drained & Rinsed
2 Roma Tomatoes, Diced
1 Avocado, Diced
2 tbsp Fresh Cilantro Leaves, Chopped

Ingredients for Chipotle Cream Sauce

1 cup (Low Fat) Sour Cream
1 tbsp Chipotle Paste**
1 Clove Garlic, Minced
1 Lime, Juiced
¼ tsp salt

1. Cook rice according to package instructions, once finished mix in salsa
2. To make the sauce, whisk together all sauce ingredients and set aside
3. To assemble bowls, divide rice and top with desired ingredients.
4. Drizzle chipotle sauce on top.

April is Stress Awareness month and this year, on April 7, 2017 for World Health Day the WHO is focusing on depression. At Twin Bridges NPLC, we are committed to providing the community with opportunities to prevent illness -physical, mental or emotional - and to enable the individuals to improve their overall health and wellbeing.

Please join us for our Taste&Learn: Stress Eating night on Tuesday, April 4th to learn how to use nutrition to best manage stressful moments. We are also offering a one-night workshop on Stress Management to learn all about practical techniques to remain mindful in moments of tension.

