

# PREMIER HEALTH

Of Coon Rapids



## COMMUNITY SPOTLIGHT

### PRODUCT OF THE MONTH:

Kneady Back Massager  
\$25.50 +tax (Orig. \$30)



### WELLNESS CLASS

Partnered Trigger Point  
Sign up at the front desk!  
or by calling/texting.

**763-270-5828**  
**3340 Northdale Blvd.,**  
**Ste. 120, Coon Rapids**

### ACBC FOOD DRIVE

Please join our clinic during the whole month of December in supporting ACBC Food Shelf & Clothing by bringing in donations of non-perishable food items to be entered into one of our clinic drawings!

We think that our patients are awesome and many of you have your own businesses or are part of various volunteer and/or support groups. We would like to share those with others by highlighting a patient and/or group every month in the Community Spotlight section of our brand new, monthly newsletter!

If you would like to have your business and/or group be considered for our Community Spotlight, please email us at: [coonrapids@premierhealthmn.com](mailto:coonrapids@premierhealthmn.com) for more information or stop by the front desk at your next visit!



This month we asked our staff what their favorite winter work outs are!

**DR. KELSEY:** My favorite winter workout is hot yoga because winter is COLD, so starting my workout in a heated space helps me to feel like I can get my muscles to warm up quicker. I never thought I would enjoy something as "slow" as yoga. However, I have found that I am still able to achieve the intensity I enjoy in my workouts with hot yoga and also maintain a much healthier balance for myself emotionally and physically when incorporating it into my routine.

**KELLY:** My favorite winter workout is bent over rows to promote proper posture and back strength and also deadlifts and squats for strong lower body to help prevent injury and slips and falls during the icy winter months.

**LEXI:** Glute Bridges and Split Squats. It's a love/hate relationship. Glute strengthening is important because without strong glutes, you can get tight hamstrings, tight adductors, unstable hips, and lower back pain. Strong Glutes help stabilize you and I need all the help I can get during these slippery months.

**CORTNEY:** Walking on the treadmill is my favorite winter workout. It's low impact and refreshing for my mental health.

**SHANNON:** My favorite winter workouts are the indoor walking workouts by Jessica Smith on YouTube. They have a bunch of options on the types of workouts and intensities. They don't require a bunch of room or equipment and they are easy enough for my kids to join in with me!

*UGLY CHRISTMAS SWEATER PARTY:*

*December 19 all day*

*CLOSED:*

*December 24*

*December 26*

*December 31*



# RECIPE OF THE MONTH

## **Green Bean Casserole (Food Sensitivity Friendly)**

### **INGREDIENTS**

1½ Fresh French Green Beans

1LB Sliced Button Mushrooms

2/3 Cup Julienne Cut Red Pepper Strips

3 TBSP Butter (Dr. Kelsey uses Melt Organic Plant Based Butter or Miyokos Cultured Vegan Butter for a Dairy Free/ Soy Free option)

2 TBSP Corn Starch

1½ Cup Vegetable Broth

1 Cup Half & Half (Dr. Kelsey substitutes with Ripple Half & Half for a Dairy Free/ Soy Free option)

¼ TSP Freshly Ground Pepper

1 (6oz) Container Fried Onions (Dr. Kelsey uses Organic Full Circle Market Gluten Free French Fried Onions)

### **DIRECTIONS**

·Preheat oven to 350°; Coat a 3-Qt casserole dish with non-stick cooking spray.

·Bring 2 quarts water to boil in a large saucepan. Add beans and boil 3-5 minutes OR until just tender. Drain beans. DO NOT RINSE.

·Add butter to a large saucepan over medium heat. Add mushrooms & red pepper strips. Cook and stir until tender; about 5-6 minutes.

·Combine broth, corn starch, and pepper in a saucepan and bring to a boil; stirring until thickened.

o Reduce heat and stir in half and half until smooth. Add green beans and ½ can fried onions. Stir to combine and spoon into casserole dish.

·Bake 20 minutes. Top with remaining fried onions and continue baking 10-15 minutes or until sauce is bubbly and onions are slightly toasted.

\*\*Makes 6 servings

