

PREMIER HEALTH

Of Coon Rapids



COMMUNITY SPOTLIGHT

MAELEY'S DOG SPA

Coon Rapids, MN

Our patient, Maeley, is the owner and groomer at Maeley's Dog Spa. Maeley has been grooming for over 6 years and she (and her staff) are pet first aid and CPR certified. Maeley's Dog Spa is a home-based business that offers one on one dog grooming. The Spa runs by appointment only to ensure that the grooming experience is as calm and relaxing as possible while striving to help pets look and feel their best!

Call or Text for an appointment: (763) 294-0988

<https://maeleysdogspa.com/>

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

PRODUCT OF THE MONTH:

<https://nutridyn.com/vitamin-c-1000-r101>



WELLNESS CLASS

Kneady Back Massager
Sign up at the front desk
or by calling/texting.

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



This month we asked our staff: "What is your favorite way to practice self care?"

DR. KELSEY: One of my favorite ways to practice self care is to cuddle my kitties with hot tea while doing a crossword puzzle. (Yes, I channel my inner old lady, and it's WONDERFUL!)

KELLY: My favorite way to practice self care is through movement. Making time to exercise has been my key factor in supporting my general wellness but also my mental health. Lifting weights and getting a good sweat makes all the difference in my mindset and being able to take care of myself and others.

LEXI: Lazy yoga. These day I rarely have the energy and motivation to get out the mat and "do yoga." But most nights while I'm watching tv, I try and slide down onto the floor with a few pillows and a couple of blankets, make a nest, and do the slowest, most lazy yoga poses I know.

CORTNEY: Reading is my go-to self-care! I've been reading a new book each month since the beginning of 2020.

SHANNON: I throw on some metal music and head to the batting cages or go out to the garage and hit the heavy bag. For me, there's no better way to release any pent up stress!

CLOSED:
January 13

RECIPE OF THE MONTH

Sweet Potato Breakfast Hash (Lexi's recipe)

INGREDIENTS

16oz Jennie-O Turkey Sausage
16oz Sweet Potatoes, diced
2 Bell Peppers, diced
1 Small Yellow Onion, diced
1 Bag of Baby Spinach
Avocado Oil
Salt & Pepper
Cayenne Pepper(optional)

DIRECTIONS

·Start by roasting the Sweet Potatoes with Oil, Salt, Pepper, and Cayenne (if you want), at 400° for 15-20 min depending on how crispy you want them. While that's working, add Oil to a hot pan (I use a big cast iron skillet). Add Onions and Peppers, and a little S&P. When they're half cooked, add Ground Turkey and cook through. Add more S&P as needed. Turn off the heat and add the Spinach and let the steam from the pan wilt the leaves while you stir them in. Serve over the roasted sweet potatoes as is or with eggs for more protein.

~ 20 min

~ 6 servings

~ 275 cal/serving (without eggs)

