

PREMIER HEALTH

Of Coon Rapids



COMMUNITY SPOTLIGHT

ALLOY BREWING (21+)

Coon Rapids, MN

Our patient, Rob, is one of the owners/head brewers of Alloy Brewing Company located at 2700 Coon Rapids Blvd., Coon Rapids. Alloy Brewing opened their doors in June of 2017 with the belief that "We feel that there is a beer out there for everyone. You just might not have met it yet!" You can check out Alloy Brewing's full rotating menu of beers and calendar of events by going to their website or following them on Facebook.

<https://www.alloybrewingcompany.com/>

Facebook: @ Alloy Brewing Company

Email: info@alloybrewingcompany.com

PRODUCT OF THE MONTH:

25% OFF OF ALL CLINIC PRODUCTS (excluding Aetrex orthotics)



WELLNESS CLASS

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

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

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!



In honor of National Time Management Month, we asked our team to share any tips or tricks on how they effectively manage their time.

DR. KELSEY: I'm a spreadsheet and list QUEEN! Using spreadsheets (color coded of course!) or lists that I can prioritize my to-dos helps me to chunk down what I need to get done. I like to cross out completed tasks, and have a reward for myself when I finish tasks that I really don't want to do!

KELLY: As a mom of two busy boys, making time for myself in the morning to set my intentions for the day before they wake up is super important for staying on task and being productive throughout the day. I also make to-do lists because it feels good to check things off of them!

LEXI: When I'm cooking, massaging, or waiting tables, my time management is on point. But when it comes to finishing tasks, I am a major procrastinator. Obligations and assignments can be overwhelming and I like to simplify and minimize anything problematic (which usually means putting it off). What helps me the most is having good people around me to lift me up and hold me accountable.

CORTNEY: After countless trials and errors, I've learned the best way I can effectively manage my time is by sticking to a morning routine. Waking up at 5am to focus on myself by reading, working out and enjoying a cup of coffee has been the best way to start my days during the week!

SHANNON: Family calendar(s) and alarms help keep my entire family on track!

RECIPE OF THE MONTH

No Bake Energy Bites (Shannon's recipe)

INGREDIENTS

- 1 cup dry oatmeal
- 2/3 cup unsweetened coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flax seed
- 1/2 cup chocolate chips
- 1/3 cup honey
- 1 TBSP chia seeds
- 1 tsp vanilla extract

DIRECTIONS

- Mix all ingredients together in a large bowl and then put it in the fridge for half an hour. (I just put some coconut oil on my hands and use them because I feel it mixes better!)
- Remove mixture from the fridge and roll into individual, small balls about an inch in size.
- Store in airtight container in fridge.



HAPPY VALENTINE'S
DAY!