

PREMIER HEALTH

Of Coon Rapids



COMMUNITY SPOTLIGHT

PRODUCT OF THE MONTH:

\$10 off any pair of
Aetrex Orthotics



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

Our patient, Elise, is a professional home organizer who can help you organize anything in your home! Her business, E Organized, LLC's main objective is to help her clients to declutter, have a maintainable/ functional home, spend less, and relieve stress. Contact her today for all of your home organization needs!

Phone: 763.318.9585

Email: elised.motivation@gmail.com

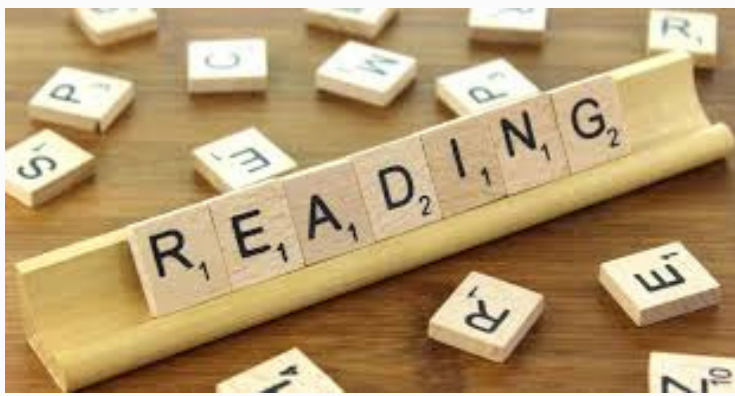
FOOT SCAN SATURDAY!

April 15, 2023

9:00 a.m. - 12:00 p.m.

Call or text to schedule a set time to come and get your feet scanned on Foot Scan Saturday! Walk-ins welcomed on a first come, first served basis.

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!



To celebrate and introduce our "Free Little Library," we asked our team what their favorite book and/or genre is to read.

DR. KELSEY: I LOVE to read sci-fi and fantasy when I go on vacation, because I so easily get lost in new worlds! I also really enjoy reading personal development books and medical journals, because I find it fascinating what the human body is capable of accomplishing!!

KELLY: My favorite genre right now is reading books for personal development. I typically have 2 or 3 books going at a time. Currently I am reading one book about parenting and another for my own personal growth. One of my favorite inspirational books is "On Fire" by John O'Leary.

LEXI: Scrolling Reddit counts as reading, right?

CORTNEY: I try to read a new book each month, most are personal development or autobiographies of smaller celebrities. I love learning and growing from books on how people handled difficult situations in their life.

SHANNON: My favorite book of all time is "Pride & Prejudice" by Jane Austen. I don't have a favorite genre, it just depends on the mood I'm in. Sometimes I enjoy the classics, true crime, or a mindless indulgence! I'm currently reading both "Insomnia" by Stephen King and The Witcher Series.



RECIPE OF THE MONTH

Tomato Basil Pasta (Cortney's Recipe)

Ingredients:

- 4 Large ripe tomatoes, cut into ½ inch cubes (I use Roma)
- 1 pound Brie cheese, rind removed, torn into irregular pieces
- 1 cup fresh basil leaves, cut into strips
- 3 garlic cloves, peeled and finely minced (I use minced from a jar)
- 1 cup olive oil
- ½ tsp salt
- ½ tsp ground pepper
- 1 lb. linguine (or whatever pasta you have in your pantry!)

Directions:

- At least 2 hours before serving, combine the tomatoes, Brie, basil, garlic, the 1 cup olive oil and salt and pepper in a large bowl and set aside.
- Cook the pasta according to package directions.
- Drain the pasta and immediately toss with the tomato mixture. The heat from the pasta will melt the Brie and coat the pasta.

My family enjoys the pasta how the recipe is. However, I prefer hot pasta dishes over warm pasta dishes, so after I drain the pasta and toss the pasta with the mixture, I add it back to the pan to fully melt the Brie and serve hot.



Happy Easter - April 9
Dr. Kelsey out - April 10 - 17
Take your child to work day -
April 27