

PREMIER HEALTH

Of Coon Rapids



WoMN
STRONG



COMMUNITY SPOTLIGHT

PRODUCT OF THE MONTH:

\$5 off of \$80 massage gift card
Limit of 6 per customer.



WELLNESS CLASS

No Class this Month

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

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

WoMN Strong is a 501 (c)(3) non-profit for women dedicated providing community service focusing on women and families within the Northern Twin Cities tri-county area. They feel that there is an overwhelming need and want by women in the community who would like to reach out with their time and/or resources to make a difference and feel that by creating a group to work together on projects, they could make a better impact on the community. All the while, providing women from all walks of life to meet and work together under a friendly and social setting with a purpose.

Check out their website to see what projects they have worked on!

<https://www.womnstrong.org/>

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!



Now that the sun is finally here, we asked our team their favorite ways to catch up on getting their Vitamin D!

DR. KELSEY: I love walking the golf course when it's warm enough to be outside. I'm really not good at golf itself, but I genuinely enjoy walking the course with an iced beverage, so I feel like I have captured the 'essence' of the sport :)

KELLY: When the weather is warm and sunny, we love to get outside as a family, ride bikes with our boys and just soak up the sunshine! We are looking forward to camping and open water fishing season, too (if the snow ever melts!)

LEXI: My skin does NOT like the sun, so I pack on the SPF and get my D from salmon, tuna, mushrooms, eggs, and supplements.

CORTNEY: Reading outside!!

SHANNON: I don't know if you guys know this or not, but I play A LOT of softball and that's how I get the majority of my vitamin D. I also enjoy taking our dogs for walks with my family...when I'm not playing softball!



RECIPE OF THE MONTH

BBQ Chicken Flatbread (Kelly's Recipe)

INGREDIENTS

- 2 whole-wheat flatbreads
- ½ cup reduced-sugar BBQ sauce
- 1 ½ cups cooked chicken breast, shredded
- ½ cup canned black beans, drained, rinsed
- ½ cup corn kernels
- ½ medium red onion, chopped
- ½ cup shredded cheddar cheese
- ¼ cup fresh cilantro, finely chopped
- 1 Tbsp. lime juice

DIRECTIONS

- Preheat the oven to 350 F.
- Place flatbreads on a large baking sheet.
- Spread barbecue sauce evenly on flatbreads.
- Top flatbreads evenly with chicken, black beans, corn, onion, and cheese.
- Bake for 5 to 8 minutes, or until the cheese is melted.
- Top evenly with cilantro and drizzle with lime juice.
- Serve immediately.



May the 4th be with You!
Happy Mother's Day - May 14
Closed - May 27 & 29
Memorial Day - May 29