

PREMIER HEALTH

Of Coon Rapids



COMMUNITY SPOTLIGHT

PRODUCT OF THE MONTH:

20% OFF OF ALL VITAMIN C SUPPLEMENTS



WELLNESS CLASS

PARTNER TRIGGER POINT

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

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

Our clinic is proud to be sponsoring 2 different amazing non-profit organizations and their sporting tournaments this month.

The 9th annual MN Softball Military Appreciation Tournament will be taking place the weekend of September 8-10 at Sand Creek Park in Coon Rapids. MSMA is a 501(c)3 non-profit organization founded to provide an avenue for the softball community to give back to veterans throughout Minnesota and the Midwest while building on the long-standing traditions of softball in Minnesota.

<https://msmafoundation.org/>

If golf is more your style, check out the annual Coon Rapids Fire Department Community Fund Golf Tournament. For over 40 years the CRFD Community Fund has been giving back to the community and we're excited to be a part of such a great event. The golf tournament will be held on September 22 at Bunker Hills Golf Course in Coon Rapids.

[https://www.facebook.com/crfdcommunityfund?](https://www.facebook.com/crfdcommunityfund?mibextid=2JQ9oc)
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If you could travel anywhere in the World, where would it be and why?

DR. KELSEY: It's a tossup for me for where I would go if I could travel anywhere... The art history lover in me would love to travel to Egypt to explore the Pyramids of Giza and dive into the history and culture that continues to unveil so many insights into our current society while simultaneously possessing a mysterious air that lures us into the infinite rabbit hole of theory and beauty. The little kid in me would love to go to Cat Island in Antalya, Turkey, because... CATS!

DR. MITCH: Machu Picchu, Peru because it has extraordinary hiking scenery and historical landscapes.

SHANNON: I want to travel to Sweden. I hear that they have an awesome metal music scene!

LEXI: If I could travel anywhere in the world it would be New Zealand. I want to see the Shire.

RYAN: I would choose Finland because there is beautiful landscape and great disc golf courses!

RECIPE OF THE MONTH

Chicken & Vegetable Skillet (Shannon's Recipe)

Ingredients:

- 1 lb skinless, boneless chicken breast, cut into 1-inch pieces (I have also used sausage instead of chicken.)
- 2 zucchini, halved and sliced
- 2 red bell peppers (or whichever you like!), chopped into chunks
- 1 broccoli crown, broken into florets (or 1 bag of pre-chopped!)
- ½ onion, sliced
- ¼ tsp salt and pepper (or more to taste)
- 2 TBSP olive oil
- 2 TBSP Cajun seasoning
- ¼ cup low-sodium chicken broth
- ½ tsp red chili pepper flakes, optional
- 1 TBSP fresh chopped parsley, for garnish

Directions:

- In a large bowl, add the chicken pieces and season with salt & pepper. Add 1 TBSP of olive oil and 1 TBSP Cajun seasoning and toss until coated.
- Heat a large skillet over medium heat with 1 TBSP of olive oil. Add the seasoned chicken pieces and cook for about 5-7 minutes until the chicken is cooked through. Remove the chicken pieces to a plate and set aside.
- In the same skillet, stir fry the onion (add a little more olive oil if needed) for 2 minutes. Add the broccoli, zucchini, and bell pepper. Season with 1 TBSP of Cajun seasoning and cook on medium until vegetables are crisp-tender.
- Deglaze with chicken stock, then add the cooked chicken pieces back into the skillet with the vegetables. Mix to combine. Mix in the red chili pepper flakes, if using them. Garnish with the fresh parsley and enjoy!



STARTING SEPTEMBER 1, 2023:

We are extending our clinic hours!

Tuesday mornings: 8:30 a.m. - noon (Dr. Noel will be our treating provider)

Fridays will be open 8:30 a.m. - 3:00 p.m. (Dr. Mitch will be our treating provider)

DR. KELSEY WILL NO LONGER BE TREATING ON FRIDAYS