

PREMIER HEALTH

Of Coon Rapids



PRODUCT OF THE MONTH:

12 DAYS OF CHRISTMAS
SALE!



WELLNESS CLASS

NO CLASS

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

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

COMMUNITY SPOTLIGHT

Please help our clinic support ACBC Food Shelf & Clothing and those less fortunate in our community by donating to our month long food and clothing drive!

MOST NEEDED FOOD ITEMS:

- Peanut Butter / jelly & jam
- Cereal
- Flour / baking oils
- Condiments (ketchup, mayo, mustard, etc.)
- Canned Meats
- Pasta

MOST NEEDED CLOTHING ITEMS:

- Men's Clothing
- Children's Clothing size 6 & up

**ALL DONATIONS ARE WELCOMED, THESE ARE JUST MOST
NEEDED!**

M E N T A L



H E A L T H

Knowing how hard it can be in the winter, we asked our team for ways that they try to stay mentally fit during the seasonal depression months.

DR. KELSEY: My 'Happy Light' is my go-to at my desk in the winter (and the gloomy summer days) to keep my brain churning!

DR. MITCH: Consistent workout sessions with my trainer and vitamin D supplements help my mental health during the winter most.

SHANNON: I focus on slowing down and taking time to enjoy my family since the summers are so busy for me. I also play in the occasional dome ball tournament or travel somewhere warm for a mini escape!

LEXI: My boyfriend and I like to get all bundled up and go for night walks when the sky is clear and the snow is fresh and sparkly. Then we have a warm cuddle puddle with our cats while the fireplace show is on.

OLIVIA: Winter is hard for me so to stay mentally fit, I try my best to stay surrounded by loved ones! In my own time, I take my dog outside to play in the snow. Even if it's for 10 minutes it's nice to get a breath of fresh air!

LAURA: When it's sunny and not freezing I'll go for a walk. Daily meditation, burning lots of candles, cuddling with my cat, drinking tea and curling up for a nap in my sherpa blankie hoodie.

Ugly Sweater Party - December 18
CLOSED - December 23 & 25
HAPPY HOLIDAYS!

RECIPE OF THE MONTH

Tater Tot Hot Dish (Lexi's Recipe)

What you need:

- Big Roasting Pan (I use a disposable one big enough to fit a turkey)
- 1lb. Ground Beef
- 1lb. Ground Italian Sausage (I prefer spicy)
- 1 Small Onion, Diced
- 3-4 Cloves Garlic, Finely Chopped
- Frozen Veggies (I use Cauliflower, Broccoli, Corn, and Green Beans)
- 2-3 Cans of Cream of Mushroom Soup
- 16oz Sour Cream
- 8oz Sharp Cheddar, Shredded
- 32oz Bag of Tater Tots
- Parsley
- Green Onions
- Salt and Pepper

Preheat the oven to 375. Add oil to a hot pan and start cooking your onion, season with S&P. Once it's halfway cooked, add both your meats, season with S&P. Dump all your veggies into the Roasting Pan and season them. When the meat is almost done, add your garlic and cook through. Add your Soup, Sour Cream, meat, and half your cheese to the Roasting pan and mix. Add the remaining cheese to the top and top with the Tater Tots, push them in about halfway. Bake uncovered for about 40min. Garnish with Parsley and Green Onions and enjoy!

