

PREMIER HEALTH

Of Coon Rapids



PRODUCT OF THE MONTH:

40% off of Immune Support Fruits & Greens Canisters



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

COMMUNITY SPOTLIGHT

This month for our community spotlight we want to ask our patients for suggestions on who or what groups they feel should be highlighted in our community spotlight!

Please send your suggestions via text: (763) 270-5828 or email: coonrapids@premierhealthmn.com.

We would also love to hear from our patients about any subjects that they would like to learn more about in our wellness classes or any suggestions as to how our clinic can make your visits more enjoyable!

Please text or email us! You can also just let us know in person when you come and visit us!

Thank you for your help! We appreciate you!



January is "Family Fit Lifestyle" month so we asked our team ways that they incorporate a fit lifestyle with their families.

DR. KELSEY: I incorporate a fit lifestyle with my family by going for walks when it's nice out and trying new activities that others are interested in (even when I'm terrible at them). It makes for a lot of fun adventures!

DR. MITCH: We take walks when the weather is warm enough, go to the sauna weekly, and play with the cats!

SHANNON: My husband and children don't really like the same sports or anything that I do, so we incorporate a "family fit lifestyle" by just supporting each other in our endeavors. One son does parkour and my husband and older son are training to run a marathon. The only running I do is around the bases or running my mouth lol!

OLIVIA: I incorporate a fit lifestyle with my family by going on walks with our dog. While also trying to get out of the house as much as I can!

LAURA: I incorporate a fit lifestyle by visiting trails and nature reserves, only during summer through fall. When it's cold outside, I may as well be a hermit.

RECIPE OF THE MONTH

Mini Pecan Pie (Dr. Mitch's Recipe)

Ingredients:

- 1 package of Pillsbury mini pie crusts
- 2/3 cup light corn syrup
- 1/2 cup brown sugar (I used dark)
- 1/4 cup sugar
- 3 TBSP unsalted butter (Irish butter is best)
- 2 eggs lightly beaten
- 1 tsp vanilla extract
- 1 cup chopped pecans

Directions:

- Preheat oven to 350 degrees
- Mix all ingredients (except for the pie crusts) together to combine
- Fill each pie crust half full with the mixture
- Bake for 25 minutes

*Dr. Kelsey out - Jan. 8 - 11
Dr. Kelsey out early - Jan. 15
Closing at noon - Jan. 19*