



Positive Pulse Wellness Newsletter

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"Promote and protect the wellness of our community through education, programs, and services".

National Immunization Awareness Month

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August is National Immunization Awareness Month (NIAM). This is an annual observance to highlight the importance of vaccination for all ages of people.

NIAM was established to encourage people of all ages to make sure they are up to date on the vaccinations recommended for them.

There are vaccinations for all ages of people. If you are not sure if you are current or up to date on your vaccinations please call your primary care physician of your local health department to inquire of your vaccination status.



Vaccinations are given throughout the lifespan. Highlighted routine vaccinations include ages:

- 2 months
- 4 months
- 6 months
- 12 months
- 15 months
- 4-6 years

- 7th grade
- 16-18 years
- 19+ years
- Seasonal flu shots for any person 6 months of age and older.

Special points of interest:

* August 2016 Monthly Challenge Options: Submit one healthy recipe each Friday in the month of August 2016 to the Positive Pulse Wellness Coordinator; Complete the daily water challenge at least 3 days a week for the month of August 2016

Protecting Your Child From Tobacco Use

As the new school year approaches, parents and caregivers start thinking about preparing their children for the upcoming year. Please keep tobacco education on high alert especially with teenaged children. To keep

- your child from using tobacco products, follow these steps:
- Tell your child how dangerous the product is.
 - Make your home, car, etc. tobacco free

- Tell your children you expect them to be tobacco free.
- Ask your child's physician to express how dangerous tobacco is.
- Encourage activities

Brandi's "Clean Eating" Recipe of the Month

Grilled Zucchini Hummus Wrap

Ingredients:

- 1 cup Kale
- 1/8 cup red onion
- 1 tomato
- 1 zucchini
- 4 tbsp hummus
- Salt/pepper to taste
- 1 tbsp olive oil
- 2 gluten free tortillas, large
- 2 slices of cheddar or chipotle cheese

Instructions:

- Heat a skillet or grill to medium

heat.

- Remove the ends from the zucchini and slide length wise into strips. Toss sliced zucchini in olive oil and sprinkle with salt and pepper.



- Place sliced zucchini directly on grill and let cook for 3 minutes, turn and cook for 2 more minutes.
- Set zucchini aside.
- Place the tortillas on grill for approximately one minute, or just until grill marks are visible tortillas are pliable.
- Remove tortillas from grill and assemble wraps, hummus, slice of cheese, zucchini slices, kale, onion, and tomato slices.
- Wrap tightly and enjoy immediately.

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