

Back To Health and Living SDC News Letter



DATE: May 26, 2005, L54

Clarksburg WV

**WEEKLY MEETING BHLC:
ST MARK'S LUTHERAN CHURCH**
The Church is located at the corner of
Route 19 South & Route 98 (Davisson
Run Road) Next to the United Hospital
Center.

AGENDA – THURSDAY May 26, 2005
5:00 Exercise 6:00 Stress Management
7:00 Group 7:30 Dinner – POTLUCK

**EDITORIAL: Self Directed Community
and some new Stress Management Classes.**

Renew your Stress Management practice
with advanced instruction. These guided
LIVE SM classes will take us deeper into the
practice to explore the healing process.

SDC: Stress Management: Starting the
week of June 23, Elisabeth Connor will be
conducting a 6 week course in the next step
of stress management at the weekly SDC
meeting. Please join us this is going to be a
great experience. There will be a small fee
charged please contact lmasey@ma.rr.com
for addition information. Below are some
comments from Elisabeth. "Dear Ornish
Friends, Just a quick note before I head off to
Charlottesville, VA, where I am staffing a
cardiac yoga therapy retreat for 10 days to
train new Stress Management Specialists. I
look forward to returning, refreshed with new
ideas to bring to you all. With this in mind, I
would like to invite you to join me at the
Clarksburg SDC on Thursday nights, starting
June 23rd at 6pm for a "live" guided Stress
Management Practice. The seasonal theme of
this six-week summer session is... "**Growing
healthy!**". I hope this advanced
instruction will help to jump-start your
personal home practice by deepening your
understanding of the tools of Stress

Management. We will explore the healing
process and ways to revitalize our energy to
make those profound shifts towards the
continuing the heart healthy lifestyle. Please
contact Larry @ the SDC for details. I'll see
you on the 23rd.

Modality Adherence results for the week of
5-23-2005, from the Clarksburg Electronic
Adherence are shown below. The link to our
weekly modality adherence form is below;
just add it to your web browser for access.
[http://www.equipmenthealth.com/Clarksburg
.htm](http://www.equipmenthealth.com/Clarksburg.htm).

MOLADITY	RESULTS %
Exercise	85.4
Diet	92.8
Stress Management	77.7
Group Support	98.2
Out Side Group Support	89.6
Not Attending Group	5
Number of Inputs	24

RECIPES: Vegetables with Rice
From The Kitchen of Louis Iquinta

4 pattys soy sausage
1 large onion (diced)
1 package frozen pepper stir fry
1 package frozen broccoli
1 can diced tomatoes
Salsa to taste
½ to 1 cup water
Grated fat free cheddar cheese
Cut sausage in small cubes and cook sausage
with diced onion. Add peppers, broccoli, and
tomatoes. Add water for desired moisture.
Add salsa for taste. Sprinkle fat free cheddar
cheese prior to serving. Cook brown rice and
serve with vegetable mixture.

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