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DATE: July 8, 2004 L11

Clarksburg WV

**WEEKLY MEETING:
COHORT GRADUATION DINNER
FIRST BAPTIST CHURCH NUTTER
FORT 219 Maryland Avenue
AGENDA – THURSDAY July 8, 2004**

- 1. 3:30 – 5:30 Presentation.
And SDC questions.**
- 2. 5:30 – 6:30 Mini Modality
Session. (bring mats)**
- 3. 6:30 Dinner (By UHC)**
- 4. 7:30 Graduation and
Transition Passage**

EDITORIAL: Graduation.

Our last three newsletters have discussed mentorship, and the ways we can help new cohorts as they graduate. We want to thank Jim Gatto for his words of wisdom. We feel that an introduction to the Self Directed Community is an important part of the mentorship program. We want to further encourage the participants as they embark on the next step of their new life style. This is the reason we are having the graduation at the Self Directed Community.

We are excited about the progress of each cohort and them joining us for similar modalities as they are presently completing. We do Exercise, Stress Management, Group and have great Ornish dinners. We promote a weekly program that is similar to the complete program, and are there to help each cohort take that next step and transition in their individual life style change. The words I live by are “Success is a journey...not a destination.”

RECIPES: Hummus (Creamy Chickpea Puree)

From The Kitchen Of Andrea Hasley

1 (15-ounce) can chickpeas (garbanzo beans)
2 tablespoons lemon juice
¼ teaspoon ground cumin
1 small garlic clove, minced
Pinch cayenne pepper
2 tablespoon minced parsley
1 tablespoon minced red onion
Drain chickpeas, reserving juice. Do not rinse. Transfer peas to a food processor or blender and blend with ½ cup reserved chickpea juice, lemon juice, cumin, garlic, and cayenne. Add parsley and red onion and pulse briefly just to mix. Serve as dip for raw or steamed vegetables or as a sandwich spread.

SDC: We tested the electronic modality adherence form with nine people last week and the program was a success. Next week we will be starting the program, I will provide instructions with an email, and we will have weekly posting of the results in each newsletter.

JOKES:



How to tell when you are overdoing your diet.