

# Health & WELLNESS



June 2020

## Spiritual Encouragement

*I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.*

*John 16:33*

## Mind Over Matter

It's well-documented that long-term stress can negatively impact overall health. So it's no surprise that today's unprecedented circumstances, and the emotional strain they bring, are doing just that.

Read more [here](#) about how to boost your mental and physical health and stay strong during this time.

Have you registered for 98point6? Follow the link [here](#) to get signed up.

## Financial Wellness

With the current economic conditions, you may be evaluating how to make ends meet. Join us for an EPC exclusive web workshop, hosted by Fidelity, on **“How to Manage Unexpected Events and Expenses”**. Through this interactive workshop, you'll learn:

- How to assess your spending and take control of your budget
- Considerations for taking money from your workplace savings plan
- Ways Fidelity can support you

**Tuesday, June 30th at 10:00am EST**

[Reserve your spot today!](#)

**June is  
Alzheimer's and Brain  
Awareness Month**

## Did you know?

Alzheimer's is the 6th leading cause of American deaths. But it's not part of normal aging, according to the NIH. Instead of feeling helpless about Alzheimer's and related forms of dementia, use Alzheimer's and Brain Awareness month as an opportunity to discover ways to potentially lower the risk and how to bring attention and funding to Alzheimer's research. Learn more at [act.alz.org](http://act.alz.org).

## Eat the Rainbow!

You may wonder if there's one fruit or vegetable that you should eat more often than the others, but there's no one standout option. Instead, **the best advice is to eat a rainbow of different colors of vegetables and fruit** because they contain more than 25,000 different phytochemicals, which help prevent disease and keep your body functioning optimally. Examples of beneficial phytochemicals are anthocyanins in blueberries, beta-carotene in carrots, and lycopene in tomatoes.

## Wellness Coaching

Available to members in the EPC Medical plan — check out this [video](#) to learn more about what Wellness Coaching is and how they can help improve your health today! Call 1-800-650-8442 to get started.

## How to Incorporate More Movement

**When adding to your activity level, increase it no more than 10% per week.** For instance, if you usually walk 2 miles daily and want to boost your fitness level, don't try to double it in a week's time. Gradually add more distance. Tack on another 0.2 miles. Slowly build up to more miles each week until you reach your new goal. The same 10% rule goes for strength training.

## Easy Recipe! Summer Corn Salad

3 cups fresh, frozen (defrosted) or canned (and drained) corn niblets	¼ cup chopped fresh parsley or basil
1 cup chopped cucumber	3 tbsp olive oil
1 cup diced tomato	2 tbsp apple cider vinegar 1 tsp Dijon mustard
¼ cup diced red onion	¼ cup crumbled feta cheese

In a large bowl, add corn, cucumber, tomato, onion and parsley. In a small container with a lid, add oil, vinegar and mustard. Shake well, then add dressing to vegetables, and toss to coat. Top with feta cheese and serve.

Makes 6 servings. Per serving:

170 calories | 4g protein | 9g total fat | 2g saturated fat | 6g mono fat | 1g poly fat  
22g carbohydrate | 4g sugar | 3g fiber | 98 mg sodium