



www.fourcorners.ne.gov 2101 N. Lincoln Ave., York, NE (877) 337-3573 September 2022

Bean Salad

- 1 (16 oz.) can garbanzo beans, rinsed and drained
- 1 (16 oz.) can French-style green beans, drained
- 1 (14 oz.) can artichoke hearts, rinsed, drained, and quartered
- ½ C fat-free Italian salad dressing

1. In a large bowl, combine first 3 ingredients. Stir gently.
2. Pour dressing over vegetables. Stir gently. Chill for at least 2 hours before serving.

Nutrition Facts Per Serving: Calories 90; Fat 1g; Saturated Fat 0g; Cholesterol 0mg; Sodium 290mg; Carbohydrates 14g; Sugars 2g; Fiber 3g; Protein 5g;
Source: National Fruit and Vegetable Program



Serves 8; Prep Time 10 minutes.
Ready in about 2 hours.

NEVER LET A KID RIDE UNBUCKLED.

In 2015, 1 in 4 children aged 4 to 7 moved from car seats or booster seats to seat belts too soon.

SAFERCAR.GOV/THERIGHTSEAT #NHTSA

8 Reasons Stretching is Good for You

1. Reduces the Risk of Injury
2. Improves Flexibility
3. Reduces Aches and Pain
4. Increases Blood Flow in the Muscles
5. Reduces Stress
6. Motivates You to Work Out
7. Improves Posture
8. Can Keep You Calm

Find stretch ideas here: <https://www.mayoclinic.org/healthy-lifestyle/fitness/multimedia/stretching/sls-20076840>

QPR

QUESTION, PERSUADE, REFER
SUICIDE PREVENTION TRAINING

THREE SIMPLE STEPS THAT COULD SAVE A LIFE

Just as people trained in CPR and the Heimlich Maneuver help to save thousands of lives each year, people trained in QPR learn how to recognize warning signs of suicide crisis and how to **question, persuade, and refer** someone to help. Each year thousands of Americans, like you, are saying “Yes” to saving the life of a friend, colleague, sibling, or neighbor.

Contact Four Corners to learn about upcoming classes, or to schedule one for your worksite, group, or organization.

Fun Family Fitness

If your kids have too much energy...run.

#MoveItMonday MoveItMonday.org MOVE IT MONDAY!

Take a plant **SEPTEMBER IS NATIONAL FRUITS & VEGGIES MONTH** #NFV2022 #MoveItMonday

Prepare fruits and veggies ahead to have an easy snack later!

The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)

4 STEPS TO FOOD SAFETY



CLEAN

SEPARATE

COOK

CHILL

<https://www.cdc.gov/foodsafety/keep-food-safe.html>

Better Breakfast Day
26th September



App of the Month: Start Stretching

Start Stretching is a coach intended for healthy people who want to improve their flexibility. **Start Stretching** features a routine of beginner level stretches designed to help people improve health and mobility – whether you have one minute or 10 minutes to spare each day.

Originating during World War I, the United States government encouraged citizens to eat a Better Breakfast. The program gained momentum again during World War II. Then, in 1951, the Cereal Institute promoted **Better Breakfast Month** for the first time in September. Research gathered by the institute suggested that breakfast was the most important meal of the day. They selected the month to coordinate with children returning to school and businesses gearing back up after the lull of summer vacation. As a result, September became the ideal time to promote the benefits of a healthful and delicious breakfast.

Emergencies can happen.
Be better prepared in your car.



Learn to jump start a car safely



Check tire pressures



Keep gas in the car



Ask the right questions



Check all the fluids



Keep an emergency kit in the trunk



Read the Owner's Manual



Know the dashboard lights



Learn how to change a tire



Learn how to research

<https://atcauto.com/car-tips/maintenance-101-family-2/>

Upcoming Events:

Be sure to watch our Upcoming events page for workshops and events that may be of interest to you. Some topics you may find:

- Trauma Informed Response Workshop for Leaders
- QPR Suicide Prevention Training
- Tobacco Quitting Information Sessions

Also learn more about how to bring workshops to your worksite or organization. We'd love to hear what would be helpful to you!

<https://fourcorners.ne.gov/community-ed-training/upcoming-events-workshops/>

Learn more tips for healthy breakfast here:
<https://www.healthyeating.org/blog/detail/5-simple-tips-for-a-healthier-breakfast>

Tobacco brands you.

You're in Control—Choose Not to Chew

TOBACCO FREE MESSAGES

Tips To BOOST Your Health as You Age

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



Get moving — try gardening, biking, or walking.



Choose healthy foods rich in nutrients.



Manage stress — try yoga or keep a journal.



Learn something new — take a class or join a club.



Go to the doctor regularly.



Connect with family and friends.

Learn more about steps you can take to promote healthy aging at www.nia.nih.gov/healthy-aging.

NIH National Institute on Aging