



Events this Week

Small Steps Challenge Sign Up

Monday, May 14
11:30AM – 1:30PM
Cafeteria

Tuesday, May 15
3:00 – 5:00PM
Remillard Lobby
AND
5:00 – 6:30PM
Cafeteria

Thursday, May 17
11:30AM – 1:30PM
Cafeteria

Friday, May 18
7:00AM – 9:00AM
Remillard Lobby

Walk with Dr. Walter Ettinger for National Employee Health and Fitness Day!

Wednesday, May 16
12:30PM
Walkers will meet at the Old Hospital Entrance. Please sign up at one of our tables in the cafeteria, call us at 508-856-2319 or email info@stepaheadprogram.com.

Step Ahead can come to you! Contact us to schedule a workshop for your group. Call us at 508/856-2319 or 800/522-4617, or email at info@stepaheadprogram.com.

Challenge: Small Steps Make a Big Difference!

Looking to make healthy changes? Sign up for the Step Ahead Small Steps Challenge to get started. For the next 6 weeks, complete healthy activities to win points. Watch your points add up and win prizes. Each activity is a small step on the way to good health!

Each week, get a new list of activities from our email message or from the Step Ahead Information Center in the main corridor of the hospital. Do as many activities each week as you like. Each activity is worth one point. Earn extra points for bonus activities and see how many points you can earn in 6 weeks.

Sign up by Friday May 18:

- Visit the Step Ahead Small Steps table (see schedule in the column to the left) or visit our website to get a form. Fill it out, and leave it at the table, fax it, or sign up by email or by phone. You can even win points by walking the form over to us!
- Put together a team for extra support! See the Team List form for details. There is a special raffle for successful teams.
- Take home a pedometer or Step Ahead lunch bag for signing up.

Keep track starting Sunday May 20:

Print the activity log sheet from your email or pick it up weekly at our Information Center. Write a check mark for each activity you do on the day you do it. Add up your number of points at the bottom of the sheet. Send in your sheet to Step Ahead each week by fax or phone or drop it off in person.

Prizes will be awarded the week of July 8th!

- Prizes for the person with the highest number of points and for the team with the highest average number of points
- Everyone who sends in challenge sheets for 6 weeks is eligible for raffle prizes.

Get started with extra points this week!

Is this your first Step Ahead challenge? You'll get extra points for signing up! Bring a friend to sign up for his or her first Step Ahead challenge and win more points! Walk with the hospital president on May 16 (details in the blue column, the website or the sign up table) and win even more points!

Recipe of the Week

Eggplant Mexicana Makes 6 Servings

1-pound box of frozen eggplant cutlets (Dominex in most supermarkets or Trader Joe's frozen eggplant cutlets)
1 cup part skim ricotta cheese
1 pound bag of fresh spinach, washed and trimmed
1 jar salsa (any variety)

- Preheat oven to 350°. Layer eggplant cutlets in the bottom of a 13 x 9 inch pan. Spread the ricotta cheese on top

of the eggplant. Layer the spinach on top of the ricotta. Top with 1 jar of salsa. Cover with aluminum foil.

- Bake in 350 oven for 35-40 minutes. Let stand for 10-15 minutes before serving. Serve with brown rice. Leftovers make a great lunch and dinner the next day.

Nutritional information per serving:

Calories: 210	Carbohydrates: 20g
Fat: 7g	Fiber: 4.5g
Saturated Fat: 2g	Protein: 10g

Tip of the Week

Employee Health and Fitness Day! Join Dr. Walter Ettinger for a 30 minute walk on Wednesday, May 16 at 12:30PM. Meet at the Old Hospital entrance. Sign up for the walk by emailing info@stepaheadprogram.com or call 508-856-2319. Earn extra Small Steps points for joining the walk!

To learn more about Step Ahead visit www.stepaheadprogram.com