



& Health WELLNESS

New 4URHEATH Website Coming Soon!

FREE ONSITE YOGA CLASSES

Yoga is back to help us kick off the new year.

Join us:

CORE & RESTORE 2024 6-WEEK SERIES

February 1-March 7
(2/1, 2/8, 2/15, 2/22, 2/29, 3/7)

Thursdays

5:15pm—6:15pm
West Wing 1

Experience deep core activation, breath-mind connection, and an overall sense of peace and calm all while building full body strength and conditioning. Lean into the new year, learn something new and let yoga awaken you — mind, body and soul.

-Whether you're a newbie or yogi—Every ability level is welcome.

-Just drop in and join a session. No registration or reservations needed.

-Bring a mat (a few loaner mats are available).

-Bring along a guest - \$10

Earn 3 Wellness Points for each class attended.

We are putting the finishing touches on the *new* **4URHealth Wellness Portal** and it should be ready for launch in early February.

Once the new site is live, you can get started logging your wellness activities for the 2024 Wellness Points Program.

Although things will look a bit different, the site will function very similarly to our prior platform but with some new features and helpful enhancements:

- ⇒ Connect with fellow care team members via the “*Social Wall*” and share your wellness journey in the “*Photo Gallery*”.
- ⇒ Browse hundreds of healthy and delicious recipes
- ⇒ Access articles on an array of wellness related topics in addition to a large

library of short workout videos.

- ⇒ Ability to upload larger documents up to 8 MB
- ⇒ Log your physical activity directly in the online tracker to earn wellness points (instead of tracking manually on the Monthly Exercise Log form)

The new site will still be accessed from the same 4URHealth URL (**SARH4URHealth.org**) but all users will need to create a new username and password when logging in for the first time.

Get prepared and download the “**Navigate Wellbeing**” app now. You will then be ready to easily access your wellness account, sync your device, and get started on your wellness journey for 2024.



If all you can do today is take one step, then take one step.

Often, the biggest wins are made up of the smallest steps.

The key is consistency and perseverance.

You get on the path. You fall off the path. You get back on the path. Rinse and repeat.

Growth is as simple (and as difficult) as that.

So give yourself permission to go slowly, take backwards steps, or not move at all.

~Calm App



SAN ANTONIO
REGIONAL HOSPITAL



RECIPE OF THE MONTH: GREEK LAYERED DIP

INGREDIENTS:

- 10 ounce hummus (store bought or homemade)
- 6 oz. plain Greek yogurt
- ¼ teaspoon dried dill
- ¼ teaspoon dried oregano
- 1 clove garlic, finely minced
- ½ teaspoon black pepper
- 1 Roma tomato, diced
- 1 English cucumber, diced
- ¼ cup red onion, diced
- ¼ cup sliced Kalamata olives
- ½ cup feta cheese, crumbled

GARNISH:

- Drizzle of olive oil
- Chopped fresh parsley
- Zest of 1 lemon

In a small bowl, combine yogurt, dill, oregano, garlic and pepper. Set aside.

In an 8"x8" glass dish or on a lovely platter, layer the hummus, yogurt mixture, tomato, cucumber, red onion, olives and feta cheese.

Garnish and serve with whole grain pita chips and raw vegetables (cucumber slices, slices of red bell pepper, carrot sticks, celery sticks and so on).

Great dish for a Super Bowl party!

Recipe submitted by:
Kathleen Lee, RDN

- Calories: ~200
Serving Size: 1/2 cup
Exchanges:
- 1 starch
 - 1 protein
 - 1 fat
 - √ vegetables

GET OUTFITTED AT A DISCOUNT!

Take advantage of our new partnership with Columbia Sportswear which gives all SARH care team members access to their "Employee Store" located locally in West Covina (970 Lakes Drive) during selected periods throughout the year.

The employee store offers apparel, footwear, and accessories from Mountain Hardwear, Sorel, prAna and Columbia at up to 60% below retail prices.

This store access is for in-store purchases only and these discounts are not available for online shopping. You are invited to bring along up to four (4) guests per visit to the employee store and may shop as many times as you like during the invitation period.

All SARH Care Team Member (including employees, volunteers, & physicians) are extended this exclusive offer to visit during this invitation period:

February 2nd—March 3rd

Columbia Sportswear Employee Store

970 Lakes Drive
West Covina, CA 91790
10am-8pm (Mon-Sun)

MUST BRING ALONG SARH INVITE:



[Access Here](#)

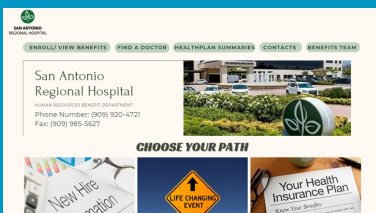
or
Scan QR Code

**Will need to show proof of SARH affiliation: name badge, business card, pay stub, etc.*



HR Corner NEW YEAR, NEW SITE

Check out the new SARH HR Benefits Website!
www.SARHConnection.org



Your one stop for all things "Benefits" including helpful resources for Leaves of Absence, Retirement, and Wellness Offerings. It's now easier to find all the information you need when you need it.



Simply scan the QR code and explore

Or access from the intranet: → SARH Benefit Connection

4URHealth Café Card Program: Get a stamp for every 4URHealth daily special, Veggie/Turkey/Chicken Grill Deal, or Entrée Salad (large plate from salad bar). Buy 10 and get one healthy meal free! Pick up a stamp card in the Café or 4URHealth. Earn 10 Wellness Point for every card completed.

SARH4URHealth.org