



January 4, 2016

January is...

◆ National Glaucoma Awareness Month

WEEKLY REVIEW

THIS WEEK'S EVENTS

Tues.	Weds.	Thurs.
(1/5/16)	(1/6/16)	(1/7/16)
Recurring Weekly	Recurring Weekly	Recurring Weekly
Half-n-Half (half core-half cardio)	Zumba	Soul Train (aerobic/core workout with smooth moves and grooves)
12:00 – 1:00 p.m. & 1:00 – 2:00 p.m.	12:00 – 1:00 p.m. & 1:00 – 2:00 p.m.	4:45 – 5:45 p.m.

Zion Church
400 Lexington St. - 2nd Floor

Registration Preferred:

cityofbaltimorewellness.com

WELLNESS COACHING INFORMATION SESSIONS ON TOBACCO CESSATION & WEIGHT LOSS (SPONSORED BY OPTUM)

Quit Power Program

1/12/16	DHR	
1/19/16	201 E. Baltimore St.	
1/26/16	Floor 5, 5A	12:00 - 1:00 p.m.

(Tuesday's Weekly)

Registration Required:

cityofbaltimorewellness.com

Healthy Weight Program

1/14/16	DHR	
1/21/16	201 E. Baltimore St.	
1/28/16	Floor 5, 5A	12:15 - 1:15 p.m.

(Thursday's Weekly)

Registration Required:

cityofbaltimorewellness.com

COMING SOON

50 Ways to Trim Your Love Handles (Sponsored by United Health)

1/12/16	Online Seminar Registration Required: source4women.com	12:30 - 1:30 p.m.
	CLICK: Online Seminars & Events	

How Is Glaucoma Diagnosed?

Glaucoma is a disease that can unexpectedly rob patients of their vision. The best way to detect this disease is to have regular eye examinations.

Symptoms of Glaucoma

Open-angle glaucoma. The most common form of glaucoma, does not initially present itself with symptoms. In fact, many report vision as normal and experience no pain. If the disease is not treated, however, vision can become blurry and side vision might be lost. Carriers may feel as if they are looking through a tunnel. Over time, the remaining forward vision may decrease over time until no vision remains.

Angle-closure glaucoma. This form of glaucoma may cause a sudden increase in eye pressure (acute glaucoma), which is a medical emergency. Treatment should be sought immediately.

Symptoms include:

- ◆ Redness and swelling
- ◆ Blurred vision
- ◆ Severe eye pain
- ◆ Headache
- ◆ Rainbow-colored halos around lights
- ◆ Nausea and vomiting
- ◆ A red eye with a cloudy center
- ◆ Pain around eyes after watching TV or leaving a dark theater.

Early detection and treatment can prevent blindness in 90 percent of people with glaucoma. Be sure to get regular eye exams.

This information, provided by United Healthcare, is not intended to be a substitute for professional medical advice. It is provided for educational purposes only.

Asian Chicken Salad



Yields:

4 servings

Ingredients:

- 2 tbsp. Vinegar, Rice wine
- 3 tsp. Soy sauce, reduced sodium
- 1 tbs. Vegetable oil, sesame, salad or cooking
- 1 tsp. Spices ginger ground
- 1 tsp. Honey
- 6 cups Salad greens (endive, escarole, lettuce, romaine, spinach) cooked
- 2 cups Chicken, breast meat only, cooked
- 1 cup Carrots, raw, chopped
- 7½ oz. Snow peas, edible pods, frozen, LaChoy
- 6 tsp. Nuts, almonds

Directions:

1. Combine seasoned vinegar, soy sauce, sesame oil, ground ginger (such as Spice World), and honey in a large bowl, stirring well with a whisk.
2. Add salad greens, chopped chicken, matchstick-cut carrots, and snow peas (trimmed and cut lengthwise into thin strips) toss gently to coat.
3. Sprinkle with toasted almonds

NUTRITION FACTS

Calories.....	269
Fat.....	8.75g
Carbohydrate.....	16.15g
Protien.....	29mg

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