



January 11, 2016

January is...

◆ National Thyroid Awareness Month

Stuffed Peppers

Yields:

4 servings

Ingredients:

- 4 large, square red, yellow, or green bell peppers (about 1-1/2 pounds total)
- 1 tbsp. olive oil
- 1 large clove garlic, minced
- 2 tsp. minced onion
- 2 dried red chilies
- ½ cup diced tomatoes, peeled and seeded
- 1 15.5-ounce can black beans, drained and rinsed
- 2 cups cooked brown rice
- ½ cup water

Directions:

1. Wash peppers and cut off tops 1/4 to 1/2-inch down. Remove seeds; set tops aside.
2. Put peppers in a baking dish.
3. Heat oil in a skillet.
4. Sauté garlic and onion with dried red chilies until onion is soft, about five minutes.
5. Add tomatoes, beans, and brown rice. Mix thoroughly.
6. Spoon mixture into prepared peppers and put tops back on.
7. Add 1/2 cup water to pan.
8. Cover and bake at 375 degrees until peppers are soft, about 45 minutes to an hour.

NUTRITION FACTS

Calories.....	289
Fat.....	5g
Carbohydrates.....	53g
Protein.....	11g
Fiber.....	12g
Sodium.....	8mg



WEEKLY REVIEW

THIS WEEK'S EVENTS

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

1/12/16	Online Seminar Registration Required: source4women.com CLICK: Online Seminars & Events	12:30 - 1:30 p.m.
Tues. (1/12/16) Recurring Weekly Half-n-Half (half core-half cardio) 12:00 – 1:00 p.m. & 1:00 – 2:00 p.m.	Weds. (1/13/16) Recurring Weekly Zumba 12:00 – 1:00 p.m. & 1:00 – 2:00 p.m.	Thurs. (1/14/16) Recurring Weekly Soul Train (aerobic/core workout with smooth moves and grooves) 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 1/19/16 1/26/16 (Tuesday's Weekly)	DHR 201 E. Baltimore St. Floor 5, 5A Registration Required: cityofbaltimorewellness.com	12:00 - 1:00 p.m.

Healthy Weight Program		
1/14/16 1/21/16 1/28/16 (Thursday's Weekly)	DHR 201 E. Baltimore St. Floor 5, 5A Registration Required: cityofbaltimorewellness.com	12:15 - 1:15 p.m.

Thyroid Disease in Women

Thyroid disorders are much more common in women than in men. They are often missed or confused with other conditions. The thyroid is a small but powerful gland in your neck. It produces hormones that control your metabolism, or the way your body uses energy. It also influences your heart rate, body temperature, bones, digestion and reproductive system. When the thyroid hormones get out of balance, it can have profound effects on your health.

What are the most common thyroid disorders?

Underactive thyroid occurs when the thyroid doesn't make enough thyroid hormones. The disorder can occur at any age, but in women, becomes more common as they age (especially after age 50).

Underactive Thyroid symptoms

- Fatigue
- Weight gain from fluid retention
- Low tolerance of cold
- Dry skin and dry, brittle hair and nails
- Forgetfulness and trouble concentrating
- Irregular or heavy periods

Overactive thyroid is most common in women between ages 20 and 40. It occurs when the thyroid makes too much of the thyroid hormone.

Overactive Thyroid Symptoms

- Nervousness
- Sweating
- Low tolerance of heat
- Trembling hands
- Fast or irregular heartbeat
- Weight loss
- Insomnia

Thyroid Nodules sometimes grow on the thyroid gland. Nodules usually don't cause symptoms, but a doctor may feel a nodule during a careful physical exam.

Thyroid Nodule(s) Symptoms

- Pain
- Swollen lymph nodes under the jaw
- Hoarseness

If you have any symptoms of a thyroid disorder, see your doctor. In most cases, thyroid disorders can be treated successfully, usually with medication or surgery.

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



CONGRATULATIONS

Carolyn Mustafa of the Health Department is the December wellness event participant Winner!

To win, attend a wellness event and your name will automatically be entered into this monthly drawing. **Winners do not need to be present at the time of the drawing to win.**

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