



January 25, 2016

January is...

◆ Cervical Health Awareness Month

Healthy Seven Layer Dip

Yields:
12 servings



Ingredients:

- 2 avocados, pitted and peeled
- 2 tbsp. fresh lime juice
- ¼ tsp. salt
- ½ tsp. black pepper, or to taste
- 4 oz. fat free Greek yogurt
- 1 tbsp. chili powder
- ½ tsp. ground cumin
- 1 can (15 oz.) black beans, rinsed and drained
- 3 plum tomatoes, diced, plus additional for garnish
- ½ red onion, diced
- ½ green bell pepper, diced, or 1 to 2 jalapeño peppers, diced, or, optional
- ¼ cup grated reduced-fat cheddar cheese
- 2 scallions, chopped

Directions:

1. In a small bowl, mash the avocados. Add the lime juice, salt and black pepper and stir to combine.
2. In another small bowl, combine yogurt, chili powder and cumin.
3. Preheat oven to 350°. In a large, shallow ovenproof glass pan, spread the black beans.
4. Spread the avocado mixture over beans. Spread the yogurt mixture over the avocados. Sprinkle the tomatoes, red onion and bell pepper (if using) over the avocados. Sprinkle with the cheese. Top with scallions and additional chopped tomato.
5. Bake for 10 minutes, or until the cheese is melted. Serve immediately.

NUTRITION FACTS

Calories.....108
Fat......5g
Saturated Fat......1g
Carbohydrates......9g
Protein......5g
Fiber......5g
Sodium......75mg

THIS WEEK'S EVENTS

| Tues. | Weds. | Thurs. |
|---|--|---|
| (1/26/16) | (1/27/16) | (1/28/16) |
| Recurring Weekly Half-n-Half (half core-half cardio) | Recurring Weekly Zumba | Recurring Weekly 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

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

Healthy Weight Program

1/28/16
DHR
201 E. Baltimore St.
Floor 5, 5A
12:15-1:15 p.m.
Registration Required:
cityofbaltimorewellness.com

**AMERICAN HEART MONTH - FEBRUARY
FREE BLOOD PRESSURE SCREENINGS**

| Location | Date(s) | Time |
|---|--------------------|--------------------------|
| The Benton Bldg. Lobby 417 East Fayette, Street Baltimore, MD 21202 | Tuesday 2/2/16 | 8:00 a.m.– 10:00 a.m. |
| Northeastern Police Station 1900 Argonne Dr., Baltimore, MD 21218 | Tuesday 2/9/16 | 12:00 p.m.– 2:00 p.m. |
| Abel Wolman Municipal Bldg. Lobby, 200 Holliday St. Baltimore, MD 21202 | Tuesday 2/16/16 | 8:00 a.m.– 10:00 a.m. |
| Enoch Pratt Free Library 400 Cathedral St. Baltimore MD 21201 Employee Entrance on Franklin St. | Tuesday 2/23/16 | 8:00 a.m.– 10:00 a.m. |

Cervical Cancer Basics

If found early, Cervical Cancer (“CC”) can be prevented and cured. However, CC usually has no readily detectable or identifiable symptoms. The only way to detect CC is with a pap test (or smear), a standard screening test for women.

What are the symptoms?

Symptoms usually don't appear until precancerous cervical cells become cancerous and invade nearby tissue. Precancerous changes in the cervix don't cause pain or abnormal bleeding so there is usually no way for a woman to know that she has precancerous cervical cells.

The most common symptom of cervical cancer is abnormal bleeding which could include:

- Any spotting or bleeding that occurs between normal periods, after sexual intercourse or douching, or during a pelvic exam.
- Menstrual bleeding that lasts longer and is heavier than usual.
- Increased vaginal discharge.
- Painful intercourse.
- Bleeding after menopause.

These symptoms can also be caused by conditions other than CC. Immediately see your doctor if you are experiencing any of these symptoms.

How can cervical cancer be prevented?

Smoking is linked to cervical cancer which is another good reason to not smoke. **Regular pelvic examinations and pap tests** to identify and treat precancerous conditions are the most effective ways to prevent cervical cancer. A regular pap test can help find any abnormal changes in the cervix that need to be checked.

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

Have you seen these characters?



Take a photo or Selfie .
#Smokey&Leaf and send a copy to
Smokey&Leaf@BaltimoreCity.Gov



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Or via the WEB



(Right click to open the hyperlink)