

THE CLINIC CORNER

Welcome to The Spartanburg County Employee Health Clinic's first Quarterly Newsletter!

What You'll Find:

Quarterly Topics of Interest

Upcoming Classes / In-services

Quick Tips

~RECIPES~

WELLNESS...WHAT IS IT?

Wellness can be described as a state that combines health, happiness, and having a more balanced lifestyle. Achieving a state of wellness depends on factors such as health practices, spirituality, family, environment, work, money/security, health services and social support. It is with these factors in mind, that we commit to helping you lead a more active and healthy lifestyle!

- Upcoming Classes / Info:
- January: Smoking Cessation Class @ County Clinic - January 17,19,24,26
1-2PM Call 864-562-4440 to Register
- February: Heart Health Month
- March: Mobile Mammography Unit
Register early, space is limited! Call 864-562-4440 for more information. Watch for breast health classes coming soon!

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QUICK TIPS!

Is it Allergies or the Flu?

Allergies

- *Sneezing
- *Itchy/Watery Eyes
- *Scratchy throat
- *Cough
- *Fatigue

Flu

- *Runny/stuffy nose
- *Fever (101 or higher)
- *Sore throat
- *Cough
- *Fatigue
- *Muscle Aches/Pains
- *Chills

There is still time to be vaccinated against the flu!

A limited supply of flu vaccine is still available at the Clinic. Call 562-4436 for more information.

Remember, colds, sinus infections, and the flu are viruses. Antibiotics in most cases will not help you get better. If your symptoms last about a week or more, *then* you may benefit from antibiotics. Always finish your entire course of antibiotics (unless you develop an allergic reaction), drink plenty of fluids, and never share your medicines with others it was not prescribed for!

~RECIPES~

Chicken & Rice Soup

From EatingWell: [January/February 2010](#)

Ingredients

- 1 tablespoon extra-virgin olive oil
- 2 carrots, diced
- 1 onion, diced
- 1 stalk celery, diced
- 7 cups reduced-sodium chicken broth
- 1 cup instant brown rice
- 8 ounces boneless, skinless chicken breast, trimmed and cut into 3/4-inch pieces
- 1 cup frozen peas, thawed
- 1/4 cup chopped fresh parsley
- 2 teaspoons cider vinegar
- 1/4 teaspoon freshly ground pepper

Preparation

- Heat oil in a large saucepan over medium heat. Add carrots, onion and celery and cook, stirring, until beginning to soften, 3 to 5 minutes. Add broth and bring to a boil. Add rice, reduce heat and **simmer** for 5 minutes. Add chicken and peas and gently simmer until the chicken is just cooked through, about 5 minutes. Stir in parsley, vinegar and pepper.

Nutrition

- **Per serving:** 175 calories; 4 g fat (1 g sat , 2 g mono); 21 mg cholesterol; 15 g protein; 3 g fiber; 709 mg sodium; 473 mg potassium.
- **Nutrition Bonus:** Vitamin A (80% daily value), Vitamin C (15% dv).
- **Carbohydrate Servings:** 1 1/2
- **Exchanges:** 1 starch, 1 vegetable, 1 lean meat