



Emory Wellness Wednesday
NEWSLETTER
 Volume #4
 April 8, 2020



SELF-CARE

Bike Ride & Commute with Betsy!

Contact Dr. Collins for commuter biking lessons while traffic is light between April 8-17

Sew Your Own Mask!

Via Zoom Wed 4/8, 7:30pm-9pm

Mood Self-monitoring

Save this page for daily use and weekly reports

Suicide Prevention: 1-800-273-TALK (8255)

COMMUNITY OUTREACH

Please support our local shelters:

[My Sister's House](#)

[Partnership Against Domestic Violence](#)

Help combat loneliness and

[Write Letters for the Elderly](#)

FOOD & FITNESS!

Happy Wednesday and welcome to the Wellness Wednesday Newsletter. This weekly newsletter will serve as a guide to self-care, comfort and happiness in this challenging time. Our focus this week is on food and fitness. Please click the links for resources and information. Also, please submit your concerns to: [The Wellness Committee](#)

EMORY UPDATES



Considering teaming up to donate food to the EUHM & Grady L&D Sign Up

FITNESS

Visit these pages for free home workouts!

[Blomeyer Virtual Programming](#)

[Rebel](#) (Free month with code tammyp)

[Nike Training App](#)

[Disney Zumba](#)

TASTY CHANA MASALA

Ingredients/Shopping List:

- Olive Oil
- Onion
- Garlic (whole or pre-minced)
- Canned chickpeas
- Garam Masala or Curry powder
- Turmeric
- Fresh ginger or ginger paste
- Diced tomatoes
- Lemon Juice
- Salt
- Grains or bread

Health Tip of the Week

Do 10 squats every day.

Chana Masala Recipe:

- Heat olive oil in a skillet. Add 1 chopped onion and sauté until soft. Add chopped garlic (about 3 cloves worth) and sauté further until onion is golden-yellow.
- Add two 15-ounce cans of chickpeas, 2 teaspoons garam masala, 1/2 tsp turmeric, 1 tsp ginger (paste or fresh grated), and 2 diced tomatoes. Add salt to taste. Stir until tomatoes begin to soften. Add 1 tbsp. lemon juice and about 1/2 cup of water.
- Bring to a simmer then cook over medium/low heat for 10-20 minutes until stew like. Stir frequently.
- Season with cilantro and squeeze of lemon juice. Serve with bread or with hot cooked grain.



FRONTLINE MOMENTS

