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EXERCISE FOR THE MONTH

Seated Shoulder Press (lever)

Instructions:

1. Sit in upright position or stand with feet shoulder width apart and knees slightly bent.
2. Start position: Position barbell to ear level with an overhand grip (palms facing forward).
3. Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
4. Return to start position.

Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

FIVE IMPORTANT REASONS TO VACCINATE YOUR CHILD



You want to do what is best for your children. You know about the importance of car seats, baby gates and other ways to keep them safe. But, did you know that one of the best ways to protect your children is to make sure they have all of their vaccinations?

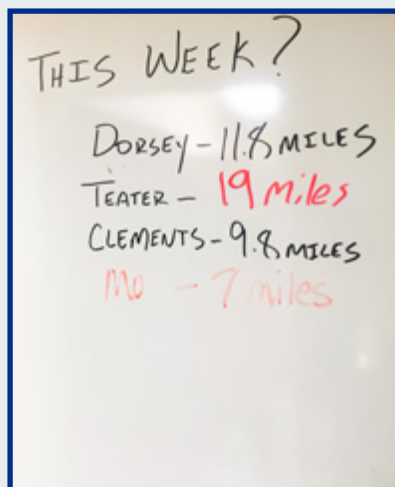
1. **Immunizations can save your child's life.** Because of advances in medical science, your child can be protected against more diseases than ever before.
2. **Vaccination is very safe and effective.** Vaccines are only given to children after a long and careful review by scientists, doctors, and healthcare professionals.
3. **Immunizations can save your family time and money.** A child with a vaccine-preventable disease can be denied attendance at schools or child care facilities.

4. **Immunization protects others you care about.** Children in the U.S. still get vaccine-preventable diseases. In fact, we have seen resurgences of measles and whooping cough (pertussis) over the past few years.
5. **Immunization protects future generations.** Vaccines have reduced and, in some cases, eliminated many diseases that killed or severely disabled people just a few generations ago.

The Vaccines for Children program is a federally funded program that provides vaccines at no cost to children from low-income families. To find out more about the Vaccines For Children program, visit <http://www.cdc.gov/vaccines/programs/vfc/> or ask your child's health care professional.

For more information about the importance of infant immunization, visit <http://www.cdc.gov/vaccines>.

What are you and your department doing to continue your health challenge? The Dahlonega Public Safety Department has created a board and each week they list the miles they have accomplished in order to encourage each other.



AVOCADO TOAST WITH EGG, SPINACH & SALSA

Ingredients

- 1/2 small avocado, mashed
- 1 slice of whole-grain bread, toasted
- Pinch of ground pepper
- 1 teaspoon of extra-virgin olive oil, divided
- 1 clove of garlic, minced
- 2 cups of baby spinach
- 1 large egg
- 1 tablespoon of salsa

Directions

1. Spread avocado on toast; season with pepper.
2. Heat 1/2 teaspoon oil in a small nonstick skillet over medium heat. Add garlic and spinach and cook, stirring, until the spinach is wilted, 30 to 60 seconds. Top the avocado toast with the spinach.
3. Heat the remaining 1/2 teaspoon oil in the pan. Crack egg into the pan. Reduce heat to medium-low and cook 5 to 7 minutes for a soft-set yolk. Top the toast with the egg and salsa.

