RUTHERFORD COUNTY GOVERNMENT
EMPLOYEE WELLNESS NEWSLETTER

MEN'S HEALTH MONTH

June 2025

BRAIN & ALZHEIMER'S AWARNESS MONTH

JUNE EVENTS

Mobile Mammogram Bus

6/11 9am-2pm @ the Health Department

In need of your annual mammogram? Women age 40+ are eligible to participate in the mobile mammogram bus event. To schedule your 15-minute appointment, call Lashon Miller at 615-898-7882

Crunch Fitness 'The Ride' Class

6/14 11:00-11:45am @ Crunch Fitness Murfreesboro

Put the pedal to the metal in a fast-paced workout taught on a stationary bike. Class is available to all Rutherford County Employees. Available spots the week of class will open to family members age 18+. See you there! **Childcare Available**

Brain Health Webinar

6/18 12:30-1:00PM via Teams

A healthy brain is essential to every day living. In this webinar, learn how to make the most of your brain now and how to take steps to help reduce risks to your brain as you age.

ALZ Talks: Advancements in Treatment Webinar

6/26 10:00-11:00am via Zoom

Discover the latest breakthroughs in Alzheimer's treatments and understand their impact on individuals and families affected by the disease.

****Public webinar hosted by the Alzheimer's Association****

Alzheimer's Risk Factors Webinar

Pre-recorded, watch at your leisure

View this pre-recorded webinar provided by Alzheimer's Tennessee Association to learn risk factors associated with Alzheimer's and preventive steps you can take to minimize your chance of getting Alzheimer's.

To register for events, scan the QR Code or click the link in the attached email.

Rutherfordcountytn.gov/wellnessnews

Men's Health Month

Did you know? American men live sicker and die younger than American women.

Men's Health Month is a time for the public to recognize the mental and physical health needs of men and boys while encouraging fathers to be role models for their children through preventive health screenings, healthy living and seeking needed help.

Visit MyCigna.com to find confidential resources to support:

- Tobacco Cessation
- Mental Health
- Nutrition & Exercise
- Weight Loss
- Health Visits & Screenings

Men-it's time to reduce the stigma.

- Partake in regular Doctor Visits and Health Screenings
- Choose healthier food options to maintain optimal physical health
- Engage in regular physical activity of at least 150 minutes per week
- Be your own health advocate!

Brain Healthy Recipe of the Month

Vegetarian Chopped Power Salad with Creamy Cilantro Dressing

Ingredients:

½ cup chopped cilantro
¼ cup buttermilk
¼ cup mayonnaise
2 tablespoons chopped shallot
1 tablespoon cider vinegar
¼ teaspoon salt
¼ teaspoon ground pepper
6 cups torn lettuce
2 cups finely sliced stemmed kale
1 (15 ounce) can chickpeas, rinsed
2 medium carrots, sliced
1 medium red or yellow bell pepper, diced
1 cup cooked quinoa
⅓ cup roasted unsalted pepitas

Directions:

1. Combine 1/2 cup cilantro, 1/4 cup buttermilk, 1/4 cup mayonnaise, 2 tablespoons shallot, 1 tablespoon vinegar, 1/4 teaspoon salt and 1/4 teaspoon pepper in a mini food processor. Process until well blended.
2. Combine 6 cups lettuce, 2 cups kale, 15 ounces chickpeas, 2 sliced carrots, 1 sliced bell pepper and 1 cup cooked quinoa in a large bowl. Drizzle the dressing over the salad and toss well to coat. Sprinkle with 1/3 cup pepitas before serving.
3. Optional-Add grilled chicken or protein of choice

Makes 4 servings!

Recipe provided by eatingwell.com

Enjoying the Wellness Program? Sign up here to receive a weekly wellness email with additional event details, resources, and wellness tips!