

## Your Clinic Hours

**Monday - Friday**  
7:00 a.m. - 7:00 p.m.

**Saturday**  
8:00 a.m. - 4:00 p.m.

**Sunday**  
9:00 a.m. - 4:00 p.m.



## Mark Your Calendars!

**February 19**  
Autism Support Group  
5:30 - 6:30 p.m.  
@ 1101 Maine, 2nd floor,  
Room B1

**March 2**  
Alzheimer's Association Caregiver  
Support Group  
6:00 - 7:30 p.m.  
@1101 Maine St., 2nd floor, Room B

**March 25**  
Breastfeeding Basics  
6:30 - 7:30 p.m.  
@1025 Maine St., 1st Floor  
Large Nutrition Conference Room  
To register: Call Nutrition Services at  
(217) 222-6550, ext. 3117  
[Click here to learn more.](#)

## February Wellness Tip Heart Health Month



Happy Heart Health Month! There are many topics that can be discussed on how best to keep your ticker strong and efficiently pumping blood throughout your body. One of these topics is cholesterol.

Cholesterol is not a bad thing and you do need a certain level of cholesterol in your body. Cholesterol is a waxy substance that your body makes and you also get from food. There are two types of cholesterol: High-density lipoprotein or HDL, often called good cholesterol, and low-density lipoprotein or LDL, often called bad cholesterol. Bad cholesterol can contribute to artery-clogging plaque. Good cholesterol, on the other hand, helps remove plaque. In the end, it helps protect you from getting heart disease.

Having too much of the bad, or not enough of the good, can lead to heart disease. There are usually no symptoms of high cholesterol. That's why it's best to get your cholesterol levels checked through a blood test. To have your cholesterol checked, consult with your physician.

Three lifestyle modifications to keep your heart healthy:

1. Eat a well-balanced diet consisting of mostly fruits, vegetables, whole grains, low-fat dairy, poultry, fish, and nuts while limiting red meat and sugary foods and drinks.
2. Increasing your level of activity can also help. Aim for 30 minutes of heart-pumping activity most days of the week.
3. Quit smoking and/or avoid second hand smoke. Even if you don't smoke, being around it can raise your risk of heart disease.

## Heart Healthy Exercise



Here is a great workout you can do each morning to get your heart pumping:

(start off slow and each day add another rep of each exercise).

5-10 Push-ups

15-25 Sit-ups or Crunches

10-30 Squats

20-50 jumping Jacks

10-20 alternate lunges



**Don't forget to get your blood pressure checked this month!**

## Triple Berry Chia Seed Pudding




Ingredients:

- 1 cup unsweetened almond or any desired milk
- 3/4 cup fresh blueberries, blackberries and raspberries
- 2 tbsp chia seeds
- 1 tbsp honey

Directions:

1. Combine milk together with the chia seeds, fruit, and honey in a glass jar with a lid.
2. Cover and shake well, set aside for 15 minutes.
3. Give it another good shake then refrigerate overnight or at least 5-6 hours.
4. Divide into 2 bowls or glass serving dishes and serve.
5. Enjoy!

 Send to a Colleague

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