



## 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!

**May 4**  
Parkinson's Support Group  
10:30 a.m. - 12:00 p.m.  
Quincy Public Library

**May 7**  
Under Construction: Cancer Support Group  
6:30 - 8:00 p.m.  
One: Restaurant, Quincy  
[Click here to learn more.](#)

**May 15**  
Nutrition Series: Healthy Living - Back to the Nutritional Basics  
5:15 - 6:00 p.m.  
Quincy Medical Group  
1025 Maine St.  
To register: Call Nutrition Services at (217) 222-6550, ext. 3117  
[Click here to learn more.](#)

May 18

## May Wellness Tip National Mental Health Month



May is National Mental Health Month and what a perfect time of year to get outside, get active and improve your mental health!

A healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as chronic conditions like heart disease, diabetes, and obesity. It can also help people recover from these conditions. For those dealing with a chronic health condition and the people who care for them, it can be especially important to focus on mental health.

When dealing with dueling diagnoses, focusing on both physical and mental health concerns can be daunting - but critically important in achieving overall wellness. There are things you can do that may help. Finding a reason to laugh, going for a walk with a friend, meditating, playing with a pet, or working from home once a week can go a long way in making you both physically and mentally healthy. The company of animals - whether as pets or service animals - can have a profound impact on a person's quality of life and ability to recover from illnesses. A pet can be a source of comfort and can help us to live mentally healthier lives. And whether you go to church, meditate daily, or simply find time to enjoy that cup of tea each morning while checking in with yourself - it can be important to connect with your spiritual side in order to find that mind-body connection.

Everyone needs to know that mental illnesses are real, and recovery is always the goal. Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes. Finding the balance between work and play, the ups and downs of life, physical health and mental health, can help you on the path towards focusing both. For more information, visit [www.mentalhealthamerica.net/may](http://www.mentalhealthamerica.net/may).

**May 20**

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.](#)

**May 21**

Autism Support Group  
5:30 - 6:30 p.m.  
Quincy Medical Group  
1101 Maine, 2nd floor,  
room B1

---

## Couch to 5K Program

*Walking and Running*

*Training Plans*



### Walking a 5K Training Plan:

**Week One:**

10 minutes everyday

**Week Two:**

10 minutes everyday

**Week Three:**

10 minutes everyday plus one 20  
minute walk

**Week Four:**

10 minutes everyday plus one easy  
walk

**Week Five:**

10 minutes everyday plus one easy  
walk - 1/2 mile

**Week Six:**

10 minutes everyday plus one easy  
walk - 1 mile

**Week Seven:**

10 minutes everyday plus one easy  
walk - 2 miles

**Week Eight:**

15 minutes everyday plus one easy  
walk - 2 miles

**Week Nine:**

15 minutes everyday plus one easy  
walk - 2.5 miles

**Week Ten:**

15 minutes everyday plus one walk - 3  
miles

## Cowboy Pasta Salad



**Ingredients:**

- \* 1 lb. rotini pasta
- \* 2 tsp olive oil
- \* 3/4 lb. ground beef or turkey
- \* 1 tsp ground cumin
- \* 1/2 tsp ground sea salt
- \* 1/2 tsp black pepper
- \* 1/2 tsp red pepper flakes
- \* 1 cup canned corn or frozen cooked corn
- \* 2 cups cherry tomatoes, halved
- \* 1/2 cup shredded cheddar cheese
- \* 1/4 cup diced red onion
- \* 3 slices cooked bacon, crumbled
- \* 1 cup plain Greek yogurt
- \* 1 1/2 tbsp Frank's Red Hot sauce

**Instructions:**

1. Cook rotini according to package directions. Drain and run under cold water. Set aside.
2. Heat olive oil in a large frying pan, and add meat. Break up using a spatula, and season with cumin and salt, pepper, and pepper flakes. Cook until browned and fully cooked through. Drain fat.
3. Place the rotini, meat, corn, tomatoes, cheese, onion, and bacon in a large bowl.
4. In a small bowl, stir together the yogurt and hot sauce.
5. Add the dressing to the salad, and stir well to coat.

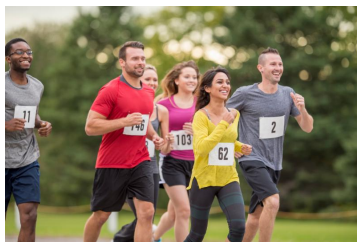
---

## Join us for the Bridge the Gap to Health Race



### BRIDGE THE GAP TO HEALTH RACE

The Bridge the Gap to Health Race will take place on May 18, 2019. The race will feature a 5K, 10K and Half Marathon for the competitive runner as well as a 5K leisure walk. The day also includes the Paul Amdt Kid's Fun Run. We hope you can join us for this fun, family-friendly



## Running a 5K Training Plan

### Week One:

Run 1 min walk 90 sec x 8 sets

### Week Two:

Run 2 mins walk 1 min x 7 sets

### Week Three:

Run 4 mins walk 1 min x 6 sets

### Week Four:

Run 6 mins walk 2 mins x 4 sets

### Week Five:

Run 9 mins walk 2 mins x 3 sets

### Week Six:

Run 12 mins walk 1 min x 3 sets

### Week Seven:

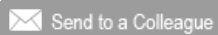
Run 15 mins walk 1 mins x 2 sets

### Week Eight:

Run 30 mins x 1 set

\*Please note: there are several training plans available, this is one example.

---

 Send to a Colleague

Quincy Medical Group  
1025 Maine Street  
Quincy, Illinois 62301  
[wellteam@quincymedgroup.com](mailto:wellteam@quincymedgroup.com)

---

event! All funds go to support the Quincy Medical Group Healthcare Foundation and the Quincy Catholic Charities MedAssist Program.

[Click here to register!](#)

Along with a new logo, this year's event has several exciting changes. Learn more by visiting our Bridge the Gap [Facebook page](#) or our [website](#).

## Eating Tips for Before and After a Race



When preparing what to eat before and after a race, a lot will depend on the distance you are running and knowing everyone's body is different. However, when running or walking a 5k it is recommended to eat a small meal consisting of both carbs and protein, 1-2 hours prior to event. It would be best to stay away from high fiber foods, fried foods or food you are unfamiliar with to steer clear of any potential digestive issues while you are racing. A good practice, would be to test your pre-race meal out before the actual event.

After the race - Congratulations! Eat within 1-2 hours after your 5K and eat a normal meal and replenish your body with water.