



## Knox Wellness...News You Can Use Fall, 2008

### Knox/CSC Walking Challenge Steps Off on



**September 22**

Did the Summer Olympics inspire you to join a team and begin training for 2012? Look no further than the First Annual "Are We There Yet?" Knox/CSC Walk Challenge held from September 22 – November 16.

The purpose of this 8 week friendly competition with Carl Sandburg College is to encourage faculty and staff at both campuses to move each and every day. A pedometer (available for \$10) will keep a daily gauge of your steps which will be reported at the end of the week. Or earn steps by working in the yard, riding your bike, etc. If interested, please call ext 7121 or drop me an email today!  
[msimkins@knox.edu](mailto:msimkins@knox.edu)



### A Good Cup of 'Joe and More....

*Midwest Living Magazine* has created a list of favorite "mom and pop" coffee, tea, and pastry shops found in the Midwest. For details or to add your own favorites go to [www.midwestliving.com/coffee](http://www.midwestliving.com/coffee).

### Onsite Massage with Xiaoqi Wu



Do you have a crick in your neck, a catch in your "get along," or just plain feel stressed out? Xiaoqi Wu, owner of Eastern Therapeutic Massage will whisk you away for 15 minutes with a deep tissue (tuina) table massage in the Gale Room, Seymour. Areas of concentration will be the neck, shoulders, back, and arms. The fee is \$15. All the dates/times are Tuesdays from 11:00 am-

1:00 pm. Jot these dates on your calendar: 9/16, 9/30, 10/14, 10/28, 11/11, 11/25, 12/9, and 12/23.

### Flu Clinic Set for November 6



The Knox County Health Department and Knox Wellness will once again offer a walk-in flu clinic on Thursday, November 6 in the Knox, Gale, and Lombard Rooms, from 10:00 am – 12:30 pm. The cost of the vaccine is \$30.00. Knox Wellness will offer \$15 co-pay to Knox faculty, staff, students, and retirees. Family members are welcome to attend the clinic but will pay the full \$30. This is a one day Knox wellness opportunity.





In every walk with nature, one receives far more than he seeks.

~ John Muir

## Check your BP



Take advantage of a free, onsite, monthly blood pressure screening offered by members of the Galesburg Fire Department. The screening will take place in the Gallery, Seymour on the second Friday of each month from 10:00 – 11:30 am. I found from personal experience, it is best to avoid heavy caffeine consumption beforehand. Take note of the following BP Check Fridays: Sept. 12, Oct. 10, Nov. 14, and Dec. 12. We will continue to offer this community service as long as there is interest.

## Saturday Strolls with a Purpose



A couple of Saturday morning 5K Walk/Runs to consider this fall. **Red Ribbon Classic** is a 5K Run/2 mile walk held on Saturday, September 13 @ 9:00 am at CSC

Gymnasium. This is an AIDs Awareness and Assistance event. **The Memory Walk** is held on Saturday, September 27 at the Galesburg Hawthorne Center at 9:00 am. It is a 3 mile run/walk designed to raise awareness and support for loved ones living with Alzheimer's.



**PSA/Prostate Screening Date Set**  
Knox Wellness and Dr. Ralph Benejam, urologist, Galesburg Clinic, have teamed up to offer PSA/Prostate Screenings Friday, November 7 from 8:15 am – 11:130 am. The location of the blood test and digital rectal exam will be in the Athletic Training facility, lower level, Memorial Gym. This wellness opportunity is open to faculty, staff, spouses, and retirees from 8:15 am – 11:30 am.

Appointments are scheduled in 5 minute intervals and will begin being taken in early October. The co-pay will be determined soon.



**Feeling Anxious?**  
Take 10 *slow* abdominal breaths.

## Recipe Corner Baked Oatmeal, Wisconsin Style



1¾ c. water  
1 c. rolled oats  
2/3 c. milk  
2 eggs, lightly beaten  
½ c. packed brown sugar  
1 tsp. baking powder  
1 tsp. ground cinnamon  
¼ tsp. salt  
Butter 1 ½ quart casserole. In medium saucepan, bring water to boil. Slowly stir in oats. Return to boiling; reduce heat. Simmer 2 to 3 minutes until most water is absorbed. In small bowl, whisk milk and eggs. In a separate bowl, combine brown sugar, baking powder, cinnamon and ¼ tsp. salt; stir into oatmeal. Fold egg mixture into oatmeal mixture. Pour into casserole and bake in 350 degree oven for 30 to 40 min. Cool and serve with fresh fruit or your favorite topping. Serves 4 to 6 servings

Nutrition facts: Per serving: 242 calories, 5 g. fat, 110 mg. cholesterol, 341 mg sodium, 43 carbohydrates, 2 g. fiber, 7 g. protein.

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