

Knox Wellness News You Can Use Winter 2009



I Quit...Smoking



If today is *the* day, check out the Illinois Tobacco

Quit Line for free support and helpful tips.

The number is 1-866-QUIT YES (784-8937).

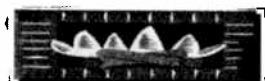
The line is open from
7:00 am – 7:00 pm
Monday – Friday.

Blood Pressure Screenings



Once a month, we are fortunate to have Galesburg Firefighters set up in the Gallery, Seymour to offer free blood pressure screenings from 10:00 am – 11:30 am on the following Fridays: January 9, February 13, March 13, April 17, and May 8.

Enjoy a *cozy* moment by the fire...



Just a thought.....

*"It is time for us all to stand
and cheer for the
doer, the achiever- the one who
recognizes the challenge and does
something about it."*

~ Vincent Lombardi

City of Galesburg Offers *At Work* *Weight Watchers*



Often with the start of the New Year comes a promise of healthier living. The City of Galesburg is once offering the *At Work Weight Watchers* program with an informational meeting. This free open house will be held on Tuesday, January 13, Noon in the Community Room, Lower Level, Galesburg City Hall.

The series begins January 27 and runs through May 19. The cost is \$186 which also includes Free ETools.

If you have questions, please call Kelli Bennewitz at 345-3611.

THINK WELLNESS, THURSDAY TOPICS



Bring your lunch and a friend as you enjoy learning more about one of the following topics: (Thursdays, Noon – 1:00pm)

January 22 –

“American Sign Language Workshop”
Lindsey Snyder,
Professor of Theatre

March 5 –“Eating for Energy,”
Chris Willis,
Registered Dietitian

March 26 – “Tips for Quitting Smoking”
Erin Brown, Community Health Educator,
KCHD

Athletic Facilities



Hours For Winter Term

Just in case the resolution bug has bitten: Fieldhouse and

E. and L. Andrew
Fitness Center hours:
Monday – Friday 6:30
am – 10:30 pm,
Saturday 10:30 am –
6:30 pm, and Sunday
10:30 am- 10:30 pm.
For pool hours and
additional facility
information, go to:
[http://www.knox.edu/
facilitiesschedule.xml](http://www.knox.edu/facilitiesschedule.xml).

Class Day Returns to CSC February



Where else are you able to try your hand at one stroke painting, examine the planting options a shade garden offers, or attend a class entitled, "Alpacas 101" all in one day. Over **60** classes will be offered at the 26th Annual Class Day held on Saturday, February 28 from 9:00 am – 3:00 pm. The event is sponsored by the Knox County Association for Home and Community Education (KCAHCE). Choose 5 classes from the following 8 areas: Arts and Crafts, History, Health, Recreation/Gardening, Food, Home & Personal, Technology,

and International. The cost is \$25.00 (includes lunch). Booklets with descriptions of the classes are available at the Galesburg Public Library, U of I Extension, and CSC. The brochure may be viewed online at <http://sandburg.edu/go/classday>.



The eagles have landed in the Quad Cities and surrounding communities along the Mississippi. Take a drive, and enjoy the view.

Light Bulb Moment



(obtained from the Ameren IP newsletter, January, 2009)
If you've resolved to use less energy and spend less on your power bill in 2009, we can help. Our Act On Energy lighting program makes it easy and affordable to brighten your world with bargain prices on a large variety of compact fluorescent light (CFL) bulbs, which typically use 75% less energy,

give off less heat and last eight times longer than standard incandescent bulbs. Shop from home or shop in-store. Energy-saving CFLs are available for as little as \$1 a piece at www.ActOnEnergy.com or call 1-866-807-1317.

Recipe Corner



Baked Cinnamon French Toast

12 slices cinnamon
bread
¼ c. butter, melted
8 eggs
2 c. whole milk
2 c. whipping cream
¾ c. sugar
1 T. vanilla

Line bottom of greased 13" x 9" baking dish with 6 slices bread. Brush remaining bread with butter and place butter side up, over bread in pan. In large mixing bowl, beat eggs. Add milk, cream, sugar, and vanilla; mix well. Pour over bread; let stand for 15 minutes or cover and place in fridge overnight. Place dish in a large baking pan. Pour boiling water into larger pan to a depth of 1 inch. Bake, uncovered at 375 degree for 40 minutes. Let stand for 10 minutes before serving.