



April 2016



2016 Spirituality and Health Conference

Presbyterian Chaplaincy Services is sponsoring a conference on the science of hope and sustaining a healthy mind, mood, and heart in times of loss. The conference features Henry Emmons, MD, a psychiatrist, author and educator. The event is Friday, June 10 from 8 a.m.-5 p.m. at the CNM Work Force Training Center. Registration is \$95. For information or to register, call (505) 841-1191.

Need Support on Senior Issues?

Are you caring for an aging parent and need support? Would you like advice as you prepare for retirement? The Employee Assistance Program (EAP) has resources that can help. Call (855) 231-7737 for more information.

Work & Wellbeing

is a monthly publication for clients of The Solutions Group.

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Talk Early, Talk Often about Alcohol Use

April is Alcohol Awareness Month. It's an excellent time to talk with your family – especially kids – about how alcohol can impact their lives.

- Studies show kids who learn about the dangers of drugs and alcohol from their parents are 50% less likely to use drugs and alcohol than those who don't.

- One national survey showed that about 35% of 15 year olds reported they'd had at least one drink in their lives. [Click here](#) for guidelines on talking to kids about alcohol use. For more information about alcoholism and drug dependence, visit the [National Council on Alcoholism and Drug Dependence](#) website.



4 New Ways to Boost Flavor

Nutritious eating doesn't have to be bland and boring. Try these tips to boost the flavor of your food:

- Toasting nuts, spices and whole grains develops flavors and brings out natural oils

- Slow cook meats and vegetables to retain flavor and nutrients
- Marinate meat to impart flavor and keep it tender without ladling on calorie-packed sauce
- Season all foods with spices to create rich flavor layers



3 Fresh Exercise Tips

Spring has sprung! A new season is a great reason to try a few new approaches to exercise. How about these?

- When you're spring cleaning or walking the dog, put on ankle and/or wrist weights to add resistance and boost calorie burn.
- With regular wear, gym and running shoes should be replaced about every six months. Check yours -- are you ready for a new pair?
- Been listening to your "Gym" playlist since January? Then it's time to mix it up with some new tunes or a favorite podcast!