GRCC LEARNING OPPORTUNITIES

July 27
Cooking with Herbs & Spices 10:00-11:30 a.m.
August 15
Cook the Mediterranean Way 10:00-11:30 a.m.

GRCC WELLNESS

AROUND TOWN
July 4
Reeds Lake Trailblazer Run/Walk
July 6
Bostwick Lake Triathlon
August 3
The Color Run Grand Rapids

HEALTHY RECIPE

With summer here and corn abundant, this is an easy weeknight recipe to make. This also travels well. Just throw the seeds and dressing on when you are ready to eat it.

- 6 ears of corn
- 1 large shallot, minced
- 1/3 cup fresh lemon juice
- scant 1/2 teaspoon fine grain sea salt
- 2 tablespoons brown sugar
- 3 tablespoons sunflower oil
- 3/4 cup pepitas (pumpkin seeds)
- 3/4 cup toasted sunflower seeds
- 1 teaspoon Mexican oregano (regular is fine also or chopped chives instead)

Instructions
1. Shuck the corn and use a knife to cut the kernels from the cobs. Place the kernels in a medium bowl with the shallot while you prepare the dressing.
2. Combine the lemon juice, salt, and sugar in a small bowl or jar. Gradually add the oil, whisking vigorously until the dressing comes together. Taste, and adjust with more lemon juice, salt or sugar, if needed. This dressing should be on the sweet side, not overly tangy.
3. Just before serving, add the seeds to the bowl of corn along with 2/3 of the dressing. Toss well, really get everything well coated. If you want more dressing, add more to taste. Crush the oregano between your palms and sprinkle on to the salad. Toss one more time and serve.

Serves 6 or more.
Prep time: 10 min
Recipe from: 101cookbooks.com

ARE YOU FAMILIAR WITH THE PARTNERSHIPS WE HAVE HERE AT GRCC REGARDING WELLNESS OPPORTUNITIES?
One of our wonderful partners is GVSU. Due to our partnership with GVSU, you are welcome to attend any of their staff development learning opportunities along with all of their wellness exercise classes. They have classes on their downtown Pew campus and the downtown YMCA.

To see their current offerings please click here:
www.gvsu.edu/foodpantry

GET INVOLVED

Do you want to make a huge impact in the lives of our students? Here is a very tangible way to do that by donating food to the Student Food Pantry. The Student Food Pantry is designed to meet the immediate food needs of its students on campus by providing a variety of non-perishable food items and basic necessities to students and their families. The pantry is located in the Student Center and will operate the same hours as the Student Life Office. They are constantly taking donations in order to keep the pantry stocked. Some of the highest needs are:

- Cans of Tuna
- Cans of Chicken
- Spaghetti Sauce
- Peanut Butter
- Rice
- Pasta
- Boxes of Cereal
- Instant oatmeal (packets)
- Granola Bars

For more information or to see their current offerings please click here:
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SUMMER WELLNESS SCHEDULE

Mondays
Yoga
12:15-1:00 p.m.
Tae Kwon Do
12:15-1:00 p.m.
grcc.edu/groupexercise

Tuesdays
30-15-15
201 Spectrum Theater
5:30-6:30 p.m.
grcc.edu/groupexercise

Wednesdays
Core Barre
12:15-1:00 p.m.

Zumba
12:15-1:00 p.m.
grcc.edu/groupexercise

GRCC WELLNESS

PARTNERSHIPS

Are you familiar with the partnerships we have here at GRCC regarding wellness opportunities?
One of our wonderful partners is GVSU. Due to our partnership with GVSU, you are welcome to attend any of their staff development learning opportunities along with all of their wellness exercise classes. They have classes on their downtown Pew campus and the downtown YMCA.

To see their current offerings please click here:
www.gvsu.edu/healthwellness/faculty-staff-group-exercise-100.htm

WELLNESS NEWS BROUGHT TO YOU BY GRCC STAFF DEVELOPMENT

FOUNDATIONS OF WELLNESS

Bone health is not something people think about all the time but it becomes more important as we age. Strength training helps you burn calories more efficiently and increases your lean muscle mass. By stressing your bones, strength training increases bone density and reduces the risk of osteoporosis (which can happen to women AND men).

When we think of weight lifting, dumbbells and free weights come to mind oftentimes but there are many options when it comes to strength training. Your own body weight can be used to strengthen bones with exercises such as push ups, pull ups, abdominal crunches and leg squats. Many yoga poses incorporate strength training into the pose. Resistance tubing or resistance bands are a great way to build muscle and strong bones. The tubing and bands are inexpensive, light weight and provide different levels of resistance.

Weight machines are also good for building strong bones. You can vary the weight and resistance on most machines so they can accommodate most people.

Doctors recommend that individuals benefit from strength training two to three times per week for 20-30 minutes. And the results from training are quick. Expect to enjoy noticeable improvements in 20-30 minutes. And the results from training are quick. Expect to enjoy noticeable improvements in just a few weeks.

www.mayoclinic.com

EMPLOYEE WELLNESS AND ENRICHMENT NEWS

GRCC LEARNING OPPORTUNITIES

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