

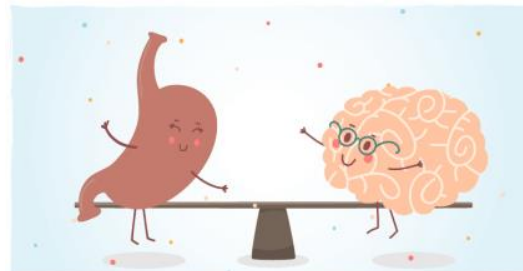
## Newsletter – February 2023

As members of the North York Toronto Health Partners (NYTHP) OHT, we invite you to participate in the staff wellness program organized for you!

“Your Wellness Matters” is a NYTHP staff resilience initiative that provides wellness information and resources across the NYTHP network. This collaborative approach helps NYTHP share tools and resources related to mindfulness, physical activity, nutrition, and psychological support. This newsletter is sent out monthly and includes upcoming wellness events, challenges, and activities.

### Happy Gut, Happy Mind – Part 2

Join us for a virtual discussion on gut health on **Monday, February 20<sup>th</sup> from 2pm to 3pm**. Gut health has an impact on the health of your entire body, with increasing evidence suggesting a healthy gut microbiome is important for mental health, as well as an effective immune system. Mary Wu, a Registered Nutritional Health Specialist from the Toronto Metabolic Clinic, will focus on detox foods, probiotics, and practical ways in which you can promote a healthy gut, and in turn, a healthy mind.



Please [REGISTER HERE](#) for this webinar.

### Body + Soul Fitness

As part of our program Body + Soul Fitness is offering complimentary, custom health and fitness programs for all NYTHP staff. The programs are designed to provide a convenient way to access their resources and expertise. [CLICK HERE](#) for more information.

## February Health Resources

### Wear Red Campaign



Wear Red Canada is celebrated annually across Canada on February 13th to raise awareness about women's heart health. Events are held across the country to serve as a reminder for all people in Canada, but especially women, to be mindful, curious, and proactive in the management of our heart health and wellness. [CLICK HERE](#) for more information.

The Heart and Stroke Foundation also offers many resources for heart disease, including signs of stroke, signs of heart attack, cardiac arrest and more. [CLICK HERE](#) for more information.

### Repetitive Strain Injury



The Occupational Health Clinics for Ontario Workers Inc. is hosting a weekly webinar series for the entire month of February. Its purpose is to increase awareness and prevention of musculoskeletal disorders. [CLICK HERE](#) for more information.

### Workplace wellness



Workplace Strategies for Mental Health is offering a variety of wellness programming during the month of February. These include resources for Black History Month, Heart Month, World Cancer Day and more. [CLICK HERE](#) for more information.

## February Holidays and Observances

\*\*Disclaimer: All holidays and observances may not be listed. Staff are invited to email [csassa@betterlivinghealth.org](mailto:csassa@betterlivinghealth.org) with any observances that were missed. Missing observances will be listed in the next newsletter.

Black History Month

Heart and Stroke Month

Psychology Month

Recreation Therapy Month

Groundhog Day – February 2<sup>nd</sup>

World Cancer Day – February 4<sup>th</sup>

Tu B'Shevat – Sundown of February 5<sup>th</sup> to Sundown of February 6<sup>th</sup>

International Day of Zero Tolerance to Female Genital Mutilation – February 6<sup>th</sup>

Congenital Heart Disease Awareness Week – February 7<sup>th</sup> to 14<sup>th</sup>

Sexual and Reproductive Health Awareness Week – February 13<sup>th</sup> to 17<sup>th</sup>

International Epilepsy Day – February 13<sup>th</sup>

Wear Red Canada – February 13<sup>th</sup>

Valentine's Day – February 14<sup>th</sup>

National Flag of Canada Day – February 15<sup>th</sup>

International Childhood Cancer Day – February 15<sup>th</sup>

Random Acts of Kindness Day – February 17<sup>th</sup>

Isra and Mi'raj – Sundown of February 17<sup>th</sup> to Sundown of February 18<sup>th</sup>

Family Day – February 20<sup>th</sup>

Shrove Tuesday – February 21<sup>st</sup>

Ash Wednesday – February 22<sup>nd</sup>

Pink Shirt Day – February 22<sup>nd</sup>

Rare Disease Day – February 28<sup>th</sup>

International Repetitive Strain Injury Awareness Day – February 28<sup>th</sup>

## Wellness conversation starters:

♥ *How will you show kindness this month?*

♥ *How will you take care of your heart this month?*

## Simple & Healthy Recipe: Greek Stuffed Peppers



Love Greek Salad? Try this Greek-inspired dish by *Delish!* [CLICK HERE](#) for details. Share a picture of this recipe to be featured in our next newsletter! Submit **1 picture** to [csassa@betterlivinghealth.org](mailto:csassa@betterlivinghealth.org) by **Wednesday, February 22<sup>nd</sup>**.

\*Disclaimer: recipes can be modified according to your dietary needs and preferences\*

### Ingredients

- ♥ 6 bell pepper
- ♥ 1 tbsp extra-virgin olive oil
- ♥ 1 lb chicken breast
- ♥ 1 tsp dried oregano
- ♥ 1 tsp kosher salt
- ♥ 1 tsp freshly ground pepper
- ♥ 1 ½ cup low-sodium chicken broth
- ♥ 1 cup couscous
- ♥ 1 small red onion, chopped.
- ♥ 1 clove garlic, minced.
- ♥ 1 cup crumbled feta.
- ♥ 1 zucchini, chopped.
- ♥ 1 cup quartered cherry tomatoes.
- ♥ ½ cup kalamata olives, chopped.
- ♥ 2 tbsp chopped dill.

### Instructions

- ♥ 1. Preheat oven to 350°. Slice off the top of each bell pepper. Discard stems and remove ribs and seeds from peppers. Place peppers upright in a large casserole dish.
- ♥ 2. In a large skillet over medium heat, heat oil. Add chicken and season with oregano, salt, and pepper. Cook until chicken is golden. Transfer to a cutting board and let rest 5 minutes, then dice
- ♥ 3. In a medium saucepan over medium-high heat, add 1 cup chicken stock. Bring to a boil then remove pan from heat. Stir in couscous then cover the pan with a tight-forming lid until the couscous is tender.
- ♥ 4. In a large bowl, combine cooked couscous, red onion, garlic, 1/2 cup feta, zucchini, tomatoes, and olives. Season mixture with salt and pepper.
- ♥ 5. Stuff couscous mixture into peppers and sprinkle tops with remaining 1/2 cup feta. Pour remaining 1/2 cup chicken broth into baking dish and cover with foil. Bake until peppers are tender, and the cheese is melty, 42 to 45 minutes.

## QR CODES

Get easier access to all of our wellness events with these QR codes! Feel free to print this page of the newsletter and post it **only in staff circulated areas** of your agency.



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### Past Wellness Event: Coffee with the NYTHP Doctors

The recording for this webinar is now available on the Wellness Section of the NYTHP website. [CLICK HERE](#) to visit the website or scan the QR code.

## Call out to all NYTHP Agencies!

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*Is your agency hosting any wellness activities or events? Share them with the NYTHP Your Wellness Matters Program! Email [csassa@betterlivinghealth.org](mailto:csassa@betterlivinghealth.org) for details.*

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## NYTHP Website – Wellness Section!

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*Visit the [Wellness Section](#) of the NYTHP website to view past wellness webinars, resources, and newsletters.*

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## Contribute to the Newsletter!

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*Want to contribute to the monthly wellness newsletter? Email [csassa@betterlivinghealth.org](mailto:csassa@betterlivinghealth.org) for inquiries.*

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## Subscribe to the Newsletter!

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*[CLICK HERE](#) to subscribe to the monthly wellness newsletter and receive updates on upcoming events and activities!*

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