

# Back To Health and Living SDC News Letter



**DATE:** May 26, 2005, L54

**Clarksburg WV**

**WEEKLY MEETING BHLC:  
ST MARK'S LUTHERAN CHURCH**  
The Church is located at the corner of  
Route 19 South & Route 98 (Davisson  
Run Road) Next to the United Hospital  
Center.

AGENDA – THURSDAY May 26, 2005  
5:00 Exercise 6:00 Stress Management  
7:00 Group 7:30 Dinner – POTLUCK

**EDITORIAL: Self Directed Community  
and some new Stress Management Classes.**

Renew your Stress Management practice  
with advanced instruction. These guided  
**LIVE** SM classes will take us deeper into the  
practice to explore the healing process.

**SDC: Stress Management:** Starting the  
week of June 23, Elisabeth Connor will be  
conducting a 6 week course in the next step  
of stress management at the weekly SDC  
meeting. Please join us this is going to be a  
great experience. There will be a small fee  
charged please contact [lmasey@ma.rr.com](mailto:lmasey@ma.rr.com)  
for addition information. Below are some  
comments from Elisabeth. "Dear Ornish  
Friends, Just a quick note before I head off to  
Charlottesville, VA, where I am staffing a  
cardiac yoga therapy retreat for 10 days to  
train new Stress Management Specialists. I  
look forward to returning, refreshed with new  
ideas to bring to you all. With this in mind, I  
would like to invite you to join me at the  
Clarksburg SDC on Thursday nights, starting  
June 23rd at 6pm for a "live" guided Stress  
Management Practice. The seasonal theme of  
this six-week summer session is... "**Growing  
healthy!**". I hope this advanced  
instruction will help to jump-start your  
personal home practice by deepening your  
understanding of the tools of Stress

Management. We will explore the healing  
process and ways to revitalize our energy to  
make those profound shifts towards the  
continuing the heart healthy lifestyle. Please  
contact Larry @ the SDC for details. I'll see  
you on the 23rd.

**Modality Adherence** results for the week of  
5-23-2005, from the Clarksburg Electronic  
Adherence are shown below. The link to our  
weekly modality adherence form is below;  
just add it to your web browser for access.  
[http://www.equipmenthealth.com/Clarksburg  
.htm](http://www.equipmenthealth.com/Clarksburg.htm).

MOLADITY	RESULTS %
Exercise	85.4
Diet	92.8
Stress Management	77.7
Group Support	98.2
Out Side Group Support	89.6
Not Attending Group	5
Number of Inputs	24

**RECIPES: Vegetables with Rice**  
*From The Kitchen of Louis Iquinta*

4 pattys soy sausage  
1 large onion (diced)  
1 package frozen pepper stir fry  
1 package frozen broccoli  
1 can diced tomatoes  
Salsa to taste  
½ to 1 cup water  
Grated fat free cheddar cheese  
Cut sausage in small cubes and cook sausage  
with diced onion. Add peppers, broccoli, and  
tomatoes. Add water for desired moisture.  
Add salsa for taste. Sprinkle fat free cheddar  
cheese prior to serving. Cook brown rice and  
serve with vegetable mixture.

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