

December 2008

Healthclips

from
Herbruck Alder



In This Issue

National Drunk and
Drugged Driving
Prevention Month

National Handwashing
Awareness Week

Wellness Adventurers

Local Events

Helpful Health Hints

Healthy Recipe

Quote

*Hear your heart.
Heart your health.*
~Faith Seehill

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Healthclips is Herbruck Alder's monthly electronic newsletter that contains helpful Health & Wellness information that you can share in your workplace or community.



National Drunk and Drugged Driving (3D) Prevention Month

Since 1981, every President of the United States has demonstrated his commitment to preventing impaired driving by proclaiming December as National Drunk and Drugged Driving (3D) Prevention Month.

Every day, 36 people in the United States die, and approximately 700 more are injured, in motor vehicle crashes that involve an alcohol-impaired driver.

This December, during National Drunk and Drugged Driving Prevention Month (3D Month), consider what you and your community can do to make injuries and deaths from impaired driving less of a threat.

For more information [click here](#).

National Handwashing Awareness Week

Adults and children need to know that the simplest solution to primary infection prevention is to NEVER put a finger in your eyes, nose or mouth!



If we could change this one human behavior, the result being that there would NEVER be a Pandemic!!! Because human beings would STOP "growing"

infectious diseases, much like a petri dish.

We would like to TEAM UP with you and your organization to increase Hand Awareness and reduce preventable infectious disease events throughout our society: Health Care, Food Service, School Health, Employee Health and general Public Health.

For more information [click here](#).

Herbruck Alder Wellness Adventurers



Cleansing the Body and Soul

One of the most talked about ways to stay fit these days is yoga. Not only does it help you physically, but it also helps you mentally and emotionally. Many classes are available through local workout facilities and YMCA's. Herbruck Alder's Marc Waite and his wife, Lori, are no strangers to yoga and have found it to be a great way to deal with the stress of work and home life.

[Click here](#) to read more.

Herbruck Alder Walking Program Update

We have completed this edition of the Herbruck Alder Walking Program! We had about 75% of our folks complete the baseball-themed contest.

[Click here](#) to read more.

Local Community Events

There are numerous events in Northeast Ohio every week that help individuals lead a healthy lifestyle.

[Click here](#) to see a list of upcoming events.

Helpful Health Hints from Herbruck Alder

Holiday Travel: 7 Tips to Make it Less Stressful

Traveling is an integral part of the holiday season for many people. While traveling any time can be a major source of stress, holiday travel (loaded with gifts, baggage, kids, through possible wintry weather, and on common crowded pre- and post-holiday travel dates) is even more nerve-

racking. Although you can't eliminate the stress associated with holiday travel, these tips can help you lessen the impact of holiday travel stress.

For more info [click here](#).

Healthy Recipe



Asian Salisbury Steak

The original Salisbury steak was named after a popular late-19th-century diet doctor who recommended a high-protein diet. This version only resembles the classic in name and shape--the flavors are Asian rather than European and it's served atop a tender bed of sauteed watercress.

Make It a Meal: Add brown rice or rice noodles.

[Click here](#) for recipe.

Contact Us!

We want to be your resource for Health & Wellness. Please contact your Herbruck Alder representative at 216.623.2600 about how we can continue to help your company with their wellness endeavors.

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Herbruck Alder | 1100 Superior Ave. East | Suite 1700 | Cleveland | OH | 44114