

September 2009

Healthclips

from
Herbruck Alder



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*"In order to change
we must be sick and
tired of being sick
and tired."* ~Author
Unknown

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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.

September Fruits & Veggies-More Matters Month®



The Center for Disease Control and Prevention (CDC) offers 30 Ways in 30 Days to Stretch Your Fruit and Vegetable Budget to help you stay healthy!

There are many ways to benefit from eating fruits and vegetables without breaking your budget. Eating fruits and vegetables are part of a healthful diet that includes whole grains, lean meats and beans, and fat-free or low-fat milk products. The following tips highlight some of our favorite of the 30 ways to get the most out of your fruits and vegetables:

- Grow or Pick Your Own Fruits and Vegetables
- Use Grocery Lists and Plan Ahead for Meals
- CIY: Cook It Yourself!
- Stretch your Budget with Discount Offers
- Stock and Store!

[Click here](#) to read more.

Herbruck Alder Associate Featured in Cleveland Clinic's B-Well Magazine

Jim Risk, a Herbruck Alder Account Executive, was recently featured in the Cleveland Clinic's *Be Well* Magazine.* The article described his experience when, as a result of a routine examine, it discovered that he had rectal

cancer.

[Click here](#) to read the entire story.

* The information contained in Be Well magazine is for educational purposes only and should not be relied upon as medical advice. It has not been designed to replace the independent judgment of a physician about the appropriateness or risks of a procedure for a given patient.

Helpful Health Hints presented by Herbruck Alder and MetroHealth



Do you live with pain? MetroHealth can help so you don't have to.

Issues with pain can affect you physically and emotionally. Pain can cause you to become depressed, angry, and anxious. When that occurs, you lose interest and the motivation to participate in the activities you used to enjoy.

Feelings of pain can range from mild and occasional to intense and persistent and is described as acute or chronic.

[Click here](#) to read more.

Herbruck Alder is a proud sponsor of the 2009 Susan G. Komen Race for the Cure!



Join the Herbruck Alder Team!!
Saturday, September 12, 2009.
Downtown Cleveland Malls B & C.

Presented by 

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It's easy to sign up. Go to www.komenneohio.org and select the Herbruck Alder Team.

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.

Healthy Recipe



Pot-Luck Pasta Salad

This colorful salad has something for everyone. Buy pre-cut ingredients from a salad bar and use your favorite bottled low-fat Italian dressing to save time.

[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