Flavor combinations of herbs and spices can be tasty & healthful substitutes for things like sugar and salt, while still keeping your meals delicious.

Instead of using that oh-so-tempting salt shaker, try out some new flavors this month!

**Mediterranean flavors:**
- Basil, allspice, paprika, nutmeg, fennel seeds, sage

**Middle Eastern Flavors:**
- Oregano, mint, cilantro, saffron, tahini, marjoram

**Moroccan Flavors:**
- Red pepper flakes, ginger, turmeric, cinnamon

**Asian Flavors:**
- Anise, miso, scallions, curry powder, lime, cloves

**Indian Flavors:**
- Mustard seeds, coriander seeds, cardamom seeds

**Latin Flavors:**
- Chipotle, adobo, citrus, sesame seeds, onion

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**Well-U Calendar of events**

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<tr>
<th>Sunday</th>
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<th>Tuesday</th>
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<td><strong>Farmers Market</strong> Saunders Research Building Atrium</td>
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<td><strong>Pick Up Your BIB Rewards Card</strong></td>
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<td><strong>Farmers Market</strong> Flau Atrium</td>
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<td><strong>AHA Heart Walk</strong> 9a.m.</td>
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<tr>
<td><strong>Food &amp; Mood</strong> 12-1p.m.</td>
<td><strong>URMC Northeastern Room</strong></td>
<td><strong>Guided Relaxation</strong> 12:15-12:45p.m. Rochester Tech Park</td>
<td><strong>Live Cooking Demo</strong> 11:30a.m.-12:30p.m. <strong>EAP Supervisor Series, Topic #4</strong> 12-1p.m.</td>
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<td><strong>Grocery Shop for Your Health</strong> 4:45-5:15p.m.</td>
<td><strong>URMC Northeastern Room</strong></td>
<td><strong>EAP Supervisor Series, Topic #5</strong> 12-1p.m. <strong>URMC, Room K207</strong></td>
<td><strong>Self-Defense</strong> 12-1p.m. <strong>AAC Auditorium</strong></td>
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<td><strong>Take Your Personal Health Assessment</strong></td>
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<td><strong>Schedule Your Biometric Screening</strong></td>
<td><strong>Working Parents Support Group</strong> 12-1p.m. <strong>URMC Napatow Room</strong></td>
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<td><strong>Well-U Fitness Class Registration</strong> 9am</td>
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**Fitness Classes**

**Monday**
- *Boot Camp* • 12:00-12:30p.m • SRB Patio
- **Yoga For Core** • 12:00-1:00p.m • River Campus (Interfaith)
- **Yoga** • 12:00-1:00p.m • AAC Auditorium
- **Zumba** • 5:00-5:45p.m • O’Brien Dance Studio
- **Power Pump** • 5:15-6:15p.m • URMC Fitness Center

**Tuesday**
- **Pilates** • 12:00-1:00pm • MAG
- **Yoga** • 12:00-1:00pm • River Campus (Interfaith)
- **Yoga** • 12:00-1:00pm • HHW, Evarts Lounge
- **Yoga** • 12:00-1:00pm • URMC Fitness Center
- **WERQ** • 5:15-6:05pm • URMC Fitness Center

**Friday**
- **Yoga** • 12:00-1:00pm • Mt. Hope Family Center
- **Yoga** • 11:30-12:15pm • URMC Fitness Center
- **Pilates** • 12:30-1:15pm • URMC Fitness Center

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**Enroll on the Well-U Enrollment Page**
**Enroll on the Inward Office Enrollment Page**
To enroll in a wellness program, go to totalrewards.rochester.edu
**NUTRITION**

Good nutrition contributes to health & growth, and every time you eat is an opportunity to make healthy choices. Make nutrition a priority by following these simple steps:

1. Fill your plate with fruits & veggies (eat the rainbow).
2. Choose good carbs, not no carbs. Whole grains are best.
4. Calcium is important (remember, milk is not the only source).
5. Welcome water when you're thirsty (skip the sugary drinks).
6. Find your fats in plants, nuts & fish, and limit foods high in saturated and trans fats.
7. Less is more with salt. Choose fresh foods over processed ones to reduce sodium.
8. A daily multivitamin can offer nutritional insurance (choose one with vitamin D).

### Monday
- **Boot Camp** • 12:00-12:50pm • SRB Patio
- **Zumba** • 5:15-6:05pm • URMC Fitness Center
- **WERQ** • 5:15-6:05pm • URMC Fitness Center

### Tuesday
- **Yoga** • 12:00-12:45pm • COLLEGE TOWN
- **Yoga** • 12:00-12:45pm • EVARTS LOUNGE
- **Pilates** • 12:00-12:45pm • MAG
- **Yoga** • 12:00-12:45pm • 60 CORPORATE WOODS
- **Yoga** • 12:00-12:45pm • BRIGHTON BUSINESS CENTER
- **Zumba** • 5:15-6:05pm • URMC Fitness Center

### Wednesday
- **General Stretching** • 12:00-12:30pm • MAG
- **Yoga** • 12:00-12:45pm • RTB BLOCK 5
- **Yoga** • 12:00-12:45pm • River Campus (Interfaith)
- **Yoga** • 12:00-12:45pm • Brooks Landing
- **Targeted Stretching** • 12:30-1:00pm • MAG
- **Yoga** • 4:30-5:30pm • BRIGHTON BUSINESS CENTER
- **Zumba** • 5:15-6:05pm • URMC Fitness Center

*Enroll on totalrewards.rochester.edu
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