

January 2023

City of Racine Wellness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1	Positive affirmations can reduce stress, learn more HERE 2 	Here are some tips on how to make sure those New Year Resolutions get reached! 3 	 4	Remember to take a moment to breathe, HERE are 8 gifts that help with deep breathing 5 	 6 Eating fresh fruits and veggies is important, learn what produce is in season HERE	Buy Local! 7 Consider buying produce, food, art and so much more from local farmers and markets. 
	Try to practice more gratitude this year with help from this guide! 9 	Recipe Spotlight! 10  Bacon, Mushroom, and Spinach Pierogis Recipe HERE	5 minutes of meditation 11  Wellness Wednesday	Try this stretch! 12 This can be useful for those who sit for long periods of time 	Try to eat the recommended serving of vegetables today! 13 	Get creative! Here is a list of creative hobbies to try in 2023. 14 
Screen break! 15 Try to take a break from the screens to do something you love 	Recipe Spotlight! 16  Butter Lemon Chicken Pasta Recipe HERE	Try to make working out a habit with these helpful tips 17 	 Wellness Wednesday	Today is National popcorn day! Enjoy some popcorn before the day is over 19 	Full body MINI Workout! 20 	Get at least 3 things done on your To-Do list this weekend 21 
	What does financial wellness mean? Find out HERE 23 	 24 5-4-3-2-1 Calming Technique	 25 Need tips on how to get a good nights rest? Click HERE Wellness Wednesday	Recipe Spotlight! 26  Peanut Buttercup Overnight Oats Recipe HERE	 27 Take the night to spend some quality time with family or friends!	
Take the day to relax and set goals or budgets for next month! 29 	 30 HERE is a variety of beginner workout sets you can do at home, all under 30 minutes	Recipe Spotlight! 31  Roasted Garlic Cheddar Cauliflower Soup Recipe HERE	1	2	3	4
5	6	Notes Retirewise Workshop Series - January 10, 17, 24, 31 from 12pm - 1pm; Virtual - See attached flier for registration link				



FINANCIAL WELLNESS – RETIREWISE WORKSHOP SERIES

When? January 10, 17, 24 & 31 2023

Time? 12pm - 1pm

Where? Online

Register [HERE](#) to receive link for sessions

Each Retirewise session has different topics that build on each other.

Building Your Foundation – Understand your financial and retirement planning basics by creating a budget, learn about compound interest, tax diversification and inflation.

Creating and Managing Wealth – Review the principles of investing including how to get started, different types of investments and their common risks and strategies.

Establishing Your Retirement Income Stream - Learn how to examine risks, manage assets and structure a retirement income stream to address your retirement needs and wants.

Making the Most of What You Have – Review your employer's benefits and how they can fit into your plan while also covering estate planning, Medicare options and life and disability income insurance.

With Retirewise, you'll be on your way to making smarter financial decisions and creating an action plan that works for you.





City of Racine Wellness

Preventative Care Schedule

Screening	Recommendation
Full checkup, including weight and height	Annually; Discuss with healthcare professional
Blood Pressure Test	At least every 2 years
Cholesterol Test	Start at age 20. Discuss frequency with healthcare professional
Blood Glucose Test	Start at age 45 and test at least every 3 year
Prostate Exam	Discuss with healthcare professional
Mammogram	Every 1-3 years after age 40
Clinical Breast Exam	At least every 3 years beginning at age 20
Testicular Exam	Monthly self-exam and part of general check-up
Pap Test	Every 1-3 years if sexually active or over age 21
Pelvic Exam (Women)	Yearly
Dental Exam	1-2 times per year
Skin Exam	Monthly self exam and incorporated in a general check-up every 3 years
Complete Eye Exam	Every 2-4 years after age 40 unless otherwise directed
Hearing Test	Every 10 years beginning at age 18
Colonoscopy	Every 10 years beginning at age 50 unless otherwise directed

PRODUCE OF THE MONTH

Leeks are flavonoids,
which is a antioxidant

Low calorie food - can
help with weight
management

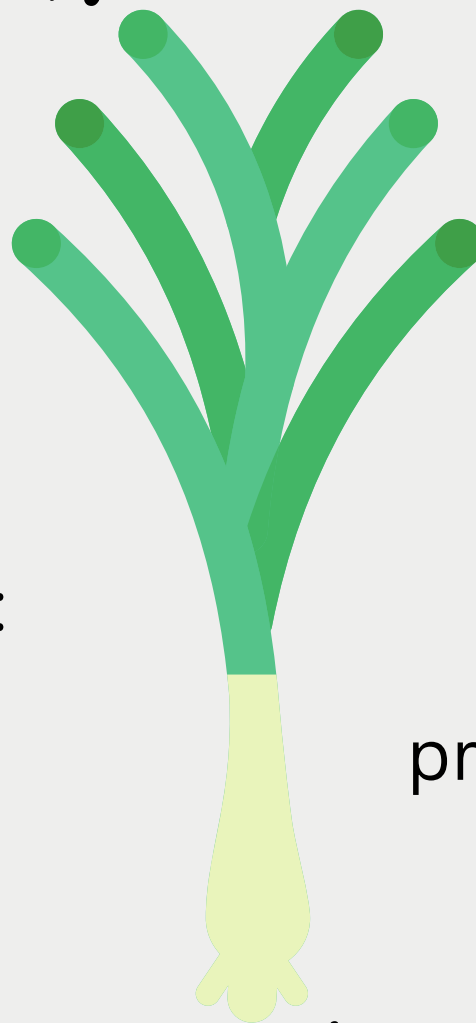
Leeks also are rich in:

- Manganese
- Copper
- Folate
- Iron
- Vitamin C
- Vitamin B6

Cancer risk reduction,
especially prostate,
colon, and stomach.
Scientists think the
antioxidants repair
damaged DNA

Leeks are high in
Vitamin K - which
promote strong bones

Leeks have lutein and
zeaxanthin, which
protect the eyes



Leek