

# Ways to reduce your cancer risk



**Do not smoke** or use any form of tobacco

Make your home **smoke-free**



Enjoy a **healthy diet**



**Breastfeeding** reduces the mother's cancer risk



**Vaccinate** your children against Hepatitis B and HPV



Avoid too much sun, use **sun protection**



**Reduce** indoor and outdoor air pollution



Be **physically active**



**Limit** alcohol intake



Take part in organized **cancer screening** programmes



February is  
**NATIONAL CANCER**  
Prevention Month

*presented by Health and Wellness Ministries:*



*"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."*

Isaiah 41: 10

## ANNOUNCEMENTS:

- FEBRUARY-PLANT BASED COOKING CLUB (TBD)
- FEBRUARY 18-HEALTH AND FITNESS 1 DAY RETREAT
- MARCH 24-SPACE COAST TRIATHLON
- MARCH 31- EASTER SUNDAY 1K SWIM
- APRIL 28- FAMILY FIELD DAY
- SUNDAY CYCLING GROUP! (VISIT CHURCH CENTER FOR INFO)

VISIT CHURCHCENTER FOR SIGNUPS FOR EVENTS



Close the care gap



World Cancer Day  
4 February



**OrlandoCentral**



## OUR MISSION

*To educate, inspire, and grow our community in health, lifestyle, and prevention.*

### QUINOA LENTIL PUMPKIN SALAD

SERVES 4, AS A MAIN COURSE

#### INGREDIENTS:

150G QUINOA (+350ML WATER)

100G RED LENTILS (+250ML WATER)

2 LARGE CARROTS

½ HOKKAIDO PUMPKIN

50G BABY SPINACH

OLIVE OIL FOR ROASTING

HANDFUL OF WALNUTS

#### DIRECTIONS:

COOK QUINOA AND RED LENTILS IN TWO DIFFERENT SAUCE PANS, ADDING MORE WATER IF NECESSARY. THE LENTILS WILL NEED ABOUT 7-10 MINUTES, THE QUINOA APPROXIMATELY 15 MINUTES. MEANWHILE CUT THE CARROTS AND HALF OF A HOKKAIDO PUMPKIN IN SMALLER PIECES AND ROAST THEM IN A PAN AND IN OLIVE OIL AT MEDIUM HEAT FOR 10 MINUTES. WASH THE BABY SPINACH AND ROUGHLY SHRED IT, USING YOUR HANDS. MIX ALL INGREDIENTS TOGETHER IN A BIG BOWL AND COMBINE.

[HTTPS://WWW.EATTOBEAT.ORG/ONEMEAL/622/QUINOA-LENTIL-PUMPKIN-SALAD.HTML](https://www.eattobeat.org/ONEMEAL/622/QUINOA-LENTIL-PUMPKIN-SALAD.HTML)

# HEALTH AND WELLNESS MINISTRY

## About us:

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