

## Blood Pressure Checks

*Stop in the Hospitality Room and have your blood pressure checked on the first weekend of the month.*

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## Prayer Shawls

*DEAR PAX CHRISTI PRAYER SHAWL MINISTRY,*

*I HAVE RECENTLY RECEIVED A PRAYER SHAWL MADE BY YOU AND IT IS JUST BEAUTIFUL AS IS THE PURPOSE BEHIND IT. THANK YOU FOR YOUR LOVELY WORK. I AM RECOVERING FROM A SPINAL CORD INJURY THAT HAPPENED SIX MONTHS AGO. PRAYERS ARE THE BEST GIFT I CAN EVER RECEIVE AND WRAPPED IN THIS PURE WHITE SHAWL, THEY ARE EVEN MORE WONDERFUL.*

*THANK YOU AGAIN FOR MAKING THIS SPECIAL SHAWL ~ IT IS AN HONOR TO RECEIVE IT.*

*MUCH LOVE, C.D.*

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*I am the privileged recipient of your prayer shawl. Thank you so much. It will warm and pray with me, as all of you do as you make them.*

*It is a great ministry and I will join you in prayer, for you and the others. God bless you.*

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## ***Smokeless Tobacco: Not Harmless***

*You may think that smokeless tobacco (snuff, chewing tobacco) is a safe alternative to cigarettes, but it's not. Smokeless tobacco poses serious, even deadly, health risks.*

*For example, using smokeless tobacco can cause oral cancers. These cancers form in your mouth, throat, cheeks, gums, lips or tongue. Surgery to remove cancer from any of these areas can leave you disfigured. And if you develop mouth or throat cancer, your odds of living more than five years are only about 50-50. Other health problems include: receding gums and tooth loss, elevated blood pressure, cardiovascular disease, and nicotine addiction.*

*provided by Olmsted County Public Health Services  
Source: Mayo Clinic Health Quest*



## **Powerhouse Fruits and Vegetables**

Picking certain produce can give your diet a healthful jolt. The health benefits of "powerhouse" fruits and vegetables, which are especially high in vitamins and other nutrients, include lowering the risk for diseases such as cancer, cataracts, lung disease, lung disease, and high blood pressure. Rather than iceberg lettuce, choose spinach for your next salad. It's packed with iron, fiber, and vitamins A and C. Instead of potatoes, try a side of carrots. Pick ones that are deep orange - the more orange, the more beta-carotene they have, which may help protect against cancer and heart disease. Or try cauliflower; it is loaded with vitamin C, folate, and fiber. Choose citrus fruits instead of apples and bananas. Oranges have vitamin C, fiber, calcium, and potassium and may ward off stroke.

*provided by Olmsted County Public Health Services  
Source: OMC Health Notes*