



May 2013



Salad Dressing

- Whisk 2 tablespoons **whole-grain mustard**
- 1 tablespoon **lime juice**,
- 1 teaspoon **red wine vinegar**
- 3 tablespoons **olive oil**,
- 1/4 cup chopped **cilantro**

Ingredients

- Grill 4 ears **corn**; cut off the kernels and toss with:
- 1 can drained **black beans**
- 1 diced **red bell pepper**
- 4 sliced **radishes**
- 3 chopped **scallions**

TO FINISH

- Toss with the dressing; season with **salt** and **pepper**.

We are excited to announce...

New HUB Fitness Center Summer Morning Hours

June 3rd – July 26th (9 weeks)

Monday – Thursday, 6:30-8:30 am

•Exercise & shower in a well-equipped, air-conditioned facility at no cost to you

Welcome Spring

Benefit From YOUR BENEFITS

- **HP Wellness Connection** – Login to track your daily physical activity & earn gift cards
https://www.harvardpilgrim.org/portal/page?_pageid=213,228033&_dad=portal&_schema=PORTAL
- **Tandem Care** – Save & **earn** money for routine health care
<http://www.usnh.edu/hr/benefits/tandemcare.html>
- **HP Member Savings** – Save on athletic shoes, magazine subscriptions, alternative medicine & more
https://www.harvardpilgrim.org/portal/page?_pageid=213,38412&_dad=portal&_schema=PORTAL
- **Employee Assistance Program** – Enter code USNH for free legal, personal & financial counseling
<http://www.powerflexweb.com/1063/login.html>

Local Foods Matchmaking Event & Trade Show

When: May 20th, 3:30-6:30 pm

Where: PSU Welcome Center

What: Come meet local farmers & sample local foods

Healthypsu@plymouth.edu
plymouth.edu/healthy-psu

"Healthy People in a Healthy Place"