UPCOMING EVENTS

NOVEMBER

3 **L&L Healthy Habits 101 | 11:00am-1:00pm | CCHS**
I will be presenting inspiration for healthy habits built around the 5 Pillars of Health.

5 **Yoga Class | 4:15pm-5:15pm | MCB**
We will meet at the Marshall building at door 13. We will focus on standing, sitting, balancing, and resting poses.

9 **Walk Group | 4:15pm-5:15pm | CCHS Trailhead**
We will meet at a local park. We will collectively walk on the path.

11 **Pickleball | 4:15pm-5:15pm | Eagle Park Courts**
We will meet at the Aquatics Center to play games of pickleball. I will be teaching anyone new to the game; we are there to have fun!

13 **L&L Healthy Habits 101 | 11:00am-1:00pm | ISMS**
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25 **Start of Thanksgiving Break! | ALL DAY | Give Thanks**
November 25th-27th

WCCS Prepares to Introduce BARRE

Barre fitness is a low-impact workout that combines elements of ballet, Pilates, yoga, and strength training. It uses a ballet barre for balance and support while incorporating small, controlled movements, isometric holds, and high repetitions to challenge the muscles.

Barre's roots trace back to ballet training, where dancers have long used a barre to develop balance, posture, flexibility, and strength. In the 1950s, German dancer Lotte Berk developed a workout method that combined ballet barre exercises with rehabilitative movements after a back injury.

Improve Endurance ◆ *Balance* ◆ *Core Strength* ◆ *Mobility*

Coming Soon With the Fitness Center

Sun-Dried Tomato Breakfast Casserole



Prep Time: 20 minutes
Cook Time: 30 minutes
Yield: 6 servings

Ingredients

- 2 tablespoons oil from sun-dried tomato jar
- 2 cups broccoli florets
- 3 medium cloves garlic, minced
- ½ cup chopped drained sun-dried tomatoes
- 8 large eggs
- ⅔ cup half-and-half
- ½ teaspoon salt
- ½ teaspoon dried oregano
- ¼ teaspoon ground pepper
- 3 ounces goat cheese, crumbled

Directions

1. Preheat oven to 375°F. Coat an 8-inch-square baking dish with cooking spray. Heat 2 tablespoons of sun-dried tomato oil in a medium nonstick skillet over medium heat. Add 2 cups broccoli; cook, covered, shaking the skillet occasionally, until crisp-tender, 4 to 6 minutes. Uncover and stir in minced garlic; cook, stirring constantly, until fragrant, about 1 minute. Remove from the heat; stir in ½ cup sun-dried tomatoes.

2. In a large bowl, combine 8 eggs, ⅔ cup half-and-half, ½ teaspoon salt, ½ teaspoon oregano and ¼ teaspoon pepper; whisk until smooth. Stir in the broccoli mixture. Pour into the prepared baking dish; sprinkle with the crumbled goat cheese.

3. Bake until just set in the center, 25 to 30 minutes. Let cool for 5 minutes before serving.

Recipe Link!

PARKVIEW EMPLOYER SOLUTIONS