E-invitations will be sent to all employees who have participated in this year’s LindenWell Employee Incentive Program. Mark your calendars, it will be an event you won’t want to miss!

**Friday, April 24th**
5:00pm—7:00pm
Lindenwood Country Club

The LindenWell Employee Program has been a great success since its implementation in Fall 2008. Full-time faculty, staff, and part-time employees have participated in a variety of LindenWell programs. Activities offered through the program include walking routes on campus, Well-at-Work Series, bi-monthly newsletter, and a 24/7 informational website.

During the Fall 2008 semester, the first ever employee wellness incentive program was implemented, “Steppin’ Our Way to a Healthier May”! Using the website, 10,000 Steps, employees have been eagerly logging daily physical activity and steps using pedometers. In exchange for the commitment to improve well-being, employees are earning “WellBucks” for participation in the 10,000 Steps program and ANY LindenWell activity.

“WellBucks” will be used at the auction to accompany the Spring 09 Employee Wellness Appreciation Banquet scheduled for Friday, April 24th. Details on the auction and how to use “WellBucks” will be distributed at a later date.

**It’s not too late to participate!**

If you want to attend the Banquet, simply visit the LindenWell website and get involved! If you’re not quite sure what to do, email lindenwell@lindenwood.edu and we will help you get involved.
March is National Nutrition Month

Visit the LindenWell Website for WellBuck opportunities available through:

www.mypyramid.gov

HEALTHY RECIPE OF THE MONTH

Spring Vegetable Sauté

Marjorie Sawicki, MS, RD, LD

6 Servings
1 tablespoon canola oil
1 clove garlic, minced
1/4 red onion, cut into slivers
1 portabella mushroom, sliced
1 pound sugar snap peas, trimmed
1/2 pound fresh asparagus, trimmed and sliced diagonally
1 to 2 tablespoons balsamic vinegar
1 tablespoon snipped fresh tarragon, or 1 teaspoon dried
4 tablespoons slivered almonds, optional

1. Combine the oil, garlic and onion in a large nonstick skillet over medium-high heat. Sauté 2 to 3 minutes.

2. Add the mushroom, snap peas, asparagus and 2 tablespoons water. Sauté 2 to 4 minutes, or until the mushrooms wilt and the peas are crisp tender.

3. Add the vinegar and tarragon; stir. Simmer 2 to 3 minutes or until liquid reduces. Sprinkle with the almonds and serve.

Cook’s Tip: Use 1 pound of asparagus and omit the snow peas. The contrasting textures of the mushrooms and the asparagus silently add to the enjoyment of the dish.

Serving size: 1 cup

Nutrition Facts per Serving:

Calories: 120 kcal
Fat: 5 g
Saturated fat: 0 g
Cholesterol: 0 mg
Sodium: 15 mg
Carbohydrates: 10 g
Fiber: 3 g
Protein: 5 g