Healthy PSU seeks to promote a culture of positive health by providing leadership, opportunities and support for all PSU employees and their families, encouraging health and wellness in varied ways and thereby building healthy people in a healthy place.

PSU Walks

Are you interested in getting more daily physical activity, but don’t feel like you have the time or know how to do it?
Consider joining our PSU Walks program. Get a free pedometer, learn how to set goals and slowly increase your daily physical activity. Rewards include Healthy PSU water bottles, t-shirts and free exercise psychology consulting.

Contact Jill: jytarkleton@plymouth.edu

Fall Harvest Festival

Want to buy some local goods to bring to your family this holiday season?
Come to the Fall Harvest Festival on Saturday, Nov 23rd, in front of the HUB from 11-4 to sample & purchase local, farm-fresh goods just in time for Thanksgiving.

Co-sponsored by Common Ground & Local Foods Plymouth

Wellness Wednesday Workshops

Learning to Manage Stress with Meditation
This is a 4-week workshop led by Gina Kelly, Ph.D., APRN. Meets every Wednesday 12:00-1:00 pm in Frost Commons, starting Oct 30th - Nov 20th. Employees will learn & practice a new form of meditation each week.
While this workshop is currently full, please look in the PSU FYI for announcements on future Wellness Wednesday Workshops.

Cheers to a healthy & happy month ahead,

The Healthy PSU Team
Barbara McCahan, Ph.D.
Rebecca Busanich, Ph.D.

Monthly Recipe:
Aztec Squash Soup

Ingredients:
olive oil
1 (1-1.5 pound) butternut squash, halved lengthwise and seeded
1 ¾ c. chopped onion (I used 2 large yellow onions)
1 ¼ c. chopped celery (I used about 5 stalks)
2 garlic cloves, minced
6+ cups vegetable broth (divided)
1 tsp. cumin
1 can black beans, rinsed well
1 ½ cups frozen corn kernels
1-2 chopped red bell peppers (I used 2 medium-size peppers)
1/4 c. chopped fresh cilantro (I don't use this, but go for it if cilantro is your thing.)
1 tbsp. chopped fresh thyme
1 tsp. minced seeded Serrano chili
Coarse sea salt
Plain nonfat yogurt
Avocado (optional)

Preheat oven to 400 F. Spray a deep baking sheet with nonstick spray. Sprinkle cut squash halves with S&P. Place cut side down on baking sheet. Roast until tender, 60-90 mins. Once cool, scoop squash into a medium bowl.

Heat olive oil in a heavy large pot over medium heat. Add onion & sauté until golden (about 10 mins). Mix in celery, garlic, & 1 cup broth. Cover & simmer for 10 mins, stirring occasionally. Add squash, 5 cups broth, & cumin. Cover & simmer 20 mins.

Puree squash soup until smooth using an immersion or upright blender. In pot, thin soup to desired consistency with additional vegetable broth. Mix in black beans, corn, red pepper, thyme, & Serrano pepper. Cover and simmer 10 mins.

Ladle into bowls and sprinkle with sea salt. If desired, served with sliced avocado, a dollop of yogurt, and blue corn chips. Makes about 10 cups.

Submitted by Angie Ricciardi

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