

## Men's Health Month

*"There is a silent health crisis in America...it's a fact that, on average, American men live sicker and die younger than American women." ~Dr. David Gremillion, Men's Health Network*

The top causes of death among adult men in the U.S. are heart disease, cancer, unintentional injuries, chronic lower respiratory disease and stroke. The good news is that making a few lifestyle changes can significantly lower your risk of these common killers. Take charge of your health by making better lifestyle choices.

For example:

- Don't wait to visit the doctor until something is seriously wrong. Ask your doctor about when to have preventive care such as cancer screenings, vaccinations and other health evaluations.
- Avoid smoke and tobacco products
- Maintain a healthy weight by eating a healthy diet and staying active
- Be honest about stress and mental health struggles—Suicide is another leading men's health risk. An important risk factor for suicide among men is depression. If you are feeling sad or worthless and a loss of interest in normal activities — talk to your primary care provider or [EAP](#). Help is available.

Understanding health risks is one thing. Taking action to reduce your risks is another. Start by making healthy lifestyle choices. The impact might be greater than you'll ever know!

*Source: Mayo Clinic*

### Slow Cooker Salsa Chicken

*I have been making this recipe (do two ingredients even count as a recipe?) for several years now and always get compliments on how good it is. It is so simple almost feels like cheating. If you love Mexican style shredded chicken this is a must try!!*



### INGREDIENTS

- 3-5 Chicken breasts
- 1 16 oz. jar salsa of choice

### INSTRUCTIONS

Place chicken breasts in the slow cooker, add salsa on top, and toss until the chicken is covered. The ratio of chicken to salsa is pretty flexible! Cover and cook on high for 4 hours (or low for 6-8 hours), or until the chicken shreds easily with a fork. Shred the chicken right in the slow cooker and toss with remaining salsa and juices.

Serve and enjoy with your favorite fixings! This makes a great chicken taco, burrito, salad topping, you name it!

Refrigerate in an airtight container for up to 5 days, or this freezes well also.

**Makes For Great Leftovers!**