

**“THE LINK”
Support Group Meeting**

**WEDNESDAY, AUGUST 22, 2007
3:00 PM**

“EYE HEALTH”

**Mark Ulrickson, D.O.
Upper Peninsula Eye Specialists**

- ♥ Marquette General Hospital
- ♥ Third Floor
- ♥ Conference Center
- ♥ Conference Room 1

♥ **This will be teleconferenced
to the following locations:**

Newberry - Helen Newberry Joy Hospital
Contact: Sue Holbrook at (906) 293-9128

Ontonagon -
Ontonagon Memorial Hospital Fitness Center
Contact: Winnie Huron at (906) 884-8147

Hancock - Portage Health System
Contact: Joan Rundman at (906) 483-1462

Escanaba - Doctor's Park
Contact: Lori Moreau, RN at (906) 786-4628

L'Anse - Baraga Memorial Hospital
Contact: Bonny Cotter at (906) 524-3354

Brimley - Bay Mills
Contact: Vicki Musser at (906) 248-5527

Manistique - Schoolcraft Memorial Hospital
Contact: Cory Renk at (906) 341-3276

Going on Vacation?

By: Sarah Balko, RD

Going on vacation doesn't have to mean abandoning your meal plan. Here are some tips for eating on the road, and eating when you are not at home. With a few simple adjustments, your vacation can be an enjoyable and HEALTHY one!

When traveling – fast food, hotel breakfasts, and eating out take the place of home cooked meals. Here are some tips to keep that vacation from ending up on your waistline:

- Choose a grilled chicken sandwich instead of the hamburger. Ask for the mayo on the side, or leave it off completely.
- Instead of fries, many restaurants are now offering side salads, fruits, or soups as an option – if these are not available, split the fries with your traveling companion(s).

- Get rid of regular pop. Choose unsweetened iced tea or a diet beverage instead.
- Have fresh fruit, and a box of high fiber cereal bars at your hotel. That way, you have a healthy alternative to the “continental breakfast”. If a fridge is available, stock up on light yogurt and milk as well.
- At lunch, choose broth based soups, lean meat sandwiches, or a salad as your entrée. Remember to ask for dressings and spreads to be served on the side.
- For dinner, look for low fat choices. Try to avoid foods with the words, “crispy”, “creamy”, “golden fried”, or “buttery” in the name.
- Share dessert with your dining companion(s), or wait and enjoy dessert after a walk seeing the sights! 😊

Next Meeting:

**Tuesday, September 25, 2007
7:00 PM**