Join the Blomeyer Winship 5K Team!

The 11th annual Winship Win the Fight 5K Run/Walk will be a hybrid event with the virtual race happening September 26-October 1 and a safe, in-person race on October 2. Lend your support to defeat cancer through research discoveries.

Blomeyer is excited to be joining other supporters and families in the Atlanta community for the Winship Win the Fight 5K! You can help Blomeyer make a difference with a donation of any amount. Click here to join the Blomeyer Winship Team.

Become a virtual Winship Warrior and join us in the Winship Win the Fight 5K Run/Walk!

You can target your tax-deductible donation to any number of Winship cancer funds based on your personal interests.
For more info:
blomeyer@emory.edu  404-727-4600
hr.emory.edu/blomeyer
Breast Cancer Screening

An Ounce of Prevention = A Pound of Cure!

Why should you have a mammography?
The purpose of a mammography is to help detect any early signs of breast cancer,
Click [here](#) to watch Jane Meisel, MD, Medical Oncologist with the Winship Cancer Center discuss the importance of breast self-awareness and what to look for.

What will a mammography cost?
There is no out of pocket cost for those employees on an Emory medical plan. A mammography is considered preventive care and is covered at 100% if in-network providers are used.

Learn more at [bit.ly/EmoryPreventiveExam](#)

Questions?
Contact us at [healthyemory@emory.edu](mailto:healthyemory@emory.edu) or call 404-712-3775.
Healthy Eating:

**RECIPE OF THE MONTH**

**Butternut Squash Soup**

**Ingredients:**
- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, chopped
- ½ teaspoon sea salt
- 1 butternut squash, peeled, seeded, and cubed
- 3 garlic cloves, chopped
- 1 tablespoon chopped fresh sage
- ½ tablespoon minced fresh rosemary
- 1 teaspoon grated fresh ginger
- 3 to 4 cups vegetable broth
- Freshly ground black pepper

**Instructions:**
1. Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.
2. Add the garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes.
3. Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste and serve with parsley, pepitas, and crusty bread.

[loveandlemons.com](http://loveandlemons.com)

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**Fall Walking on Wednesdays 2021**

Starting Sept 22nd, join us for a 6-week walking series. Stay active whether you are working from home or in the office. We will have unique themes to keep you engaged. You will have an opportunity to participate virtually or in-person this series!

**Virtual:** Everyone who sends a picture of their walk on Wednesdays will receive 100 points weekly. "Attend" 5 of 6 walks and receive 1000 points towards your Healthy Emory Connect account.

**In person:** Walking in Lullwater? Meet us at the Clifton Road gate entrance to Lullwater Preserve, 1463 Clifton Road. Walk independently or with a group and enjoy fun themes while you move more during the workday!

Walking will occur every Wednesday, September 22 - October 27, 2021. Walks can be completed at any time during the day or at noon.

Registration link: [https://apps.hr.emory.edu/register/details.jsp?event=1194](https://apps.hr.emory.edu/register/details.jsp?event=1194)
Blomeyer has gone VIRTUAL! Check out the options below created to keep your mind energized and your body moving!

**VIRTUAL GROUP FITNESS**: Enjoy LIVE 30-minute daily workouts that can be done at home with little to no equipment. These workouts are modeled after your favorite class formats, taught by Blomeyer staff. The classes will be live streamed via Zoom.

- **Register in advance** to let us know you’re planning to attend.

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<th>Time</th>
<th>Monday</th>
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<td>6:30 am</td>
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<td><strong>Low Intensity Interval Training</strong></td>
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<td><strong>Power 30</strong></td>
<td><strong>Butts &amp; Guts</strong></td>
<td><strong>Bootcamp</strong></td>
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**Class Logon**: [https://zoom.us/s/7971885034](https://zoom.us/s/7971885034)  
**From the Zoom app use ID**: 797 188 5034

**ACTIVE WORKS**: [Active Works](#) helps you to add more movement and activity to your workday. Join Blomeyer staff for ten minutes of movement. Active works sessions are a convenient way add movement, manage stress, and boost energy during your day. **Activities include**:

- **Posture & Core**: Seated and standing movements work to improve posture and strengthen the core.
- **Stretch**: Focusing on the neck, shoulders, back, arms, and wrists to relieve tension and restore mobility.
- **Release & Recover**: Reduce muscular stiffness, improve blood flow, and flexibility.
- **Yoga/Mindfulness**: Relax and renew with gentle yoga poses designed to reduce muscle tension

**WEEKLY WORKOUT**: Blomeyer staff will keep you moving toward your health and fitness goals. We will be sharing weekly workouts designed with little to no equipment that can be easily done at home or outdoors. The workouts will be emailed at the beginning of the week.

**REGISTRATION**: Register for activities here: [https://www.surveymonkey.com/r/JNQSQX7](https://www.surveymonkey.com/r/JNQSQX7)

For more information, contact Blomeyer@emory.edu