JUNE IS MEN’S HEALTH MONTH

Celebrated across the United States, the purpose of Men’s Health month is to bring awareness of preventable health problems as well as encourage the early detection and treatment of disease among men and boys.

We want to encourage you to remind all of the men in your life to seek regular medical advice and early treatment for disease and injury!

Leading Causes of Death for Males in the U.S.

1. Heart Disease
2. Cancer
3. Unintentional Injuries/Accidents
4. Chronic Lower Respiratory Disease
5. Stroke
6. Diabetes

Source: Centers for Disease Control and Prevention
A welder by trade, Juan Uriegas began attending free Zumba classes at Oliveira Park thanks to an invitation from his wife. “I would not come to class until my wife invited me to join her. I came one day, then another day, and I liked it. It’s a lot of fun! I liked Zumba, and I felt good. You have more physical endurance and are more active at home and at work.”

“Zumba classes are great. That’s my message. Don’t be worried or ashamed. At first, I was ashamed, but I got over it.”

Juan needs to be in good physical condition being that his work is so demanding and requires him to carry 200 pound equipment for long periods of time. The class helps him stay in shape so he can do better in his job. “Zumba is like training for a boxer because you have to be fast, work your muscles and don’t stop. At first, I felt like I couldn’t finish the workout, but I was determined to push myself and not give up.”

Juan credits the class instructors for keeping participants inspired to keep going and encourages everyone to participate. “They [instructors] motivate us to come back and help us feel good about ourselves. That’s what keeps me motivated.”

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**Healthy Recipe: Tomato Basil Coconut Soup**

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
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</thead>
<tbody>
<tr>
<td>2 tablespoons</td>
<td>olive oil</td>
</tr>
<tr>
<td>2 carrots</td>
<td>finely chopped</td>
</tr>
<tr>
<td>1 large onion</td>
<td>finely chopped</td>
</tr>
<tr>
<td>4 cloves garlic</td>
<td>minced</td>
</tr>
<tr>
<td>1/4 cup flour</td>
<td></td>
</tr>
<tr>
<td>4 cups puréed or diced tomatoes</td>
<td>(fresh or canned), with juice</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>baking soda</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>cayenne or other spicy pepper</td>
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</tbody>
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**PREPARATION:**

1. In a stockpot, heat oil over medium heat and cook carrots, onion, and garlic until soft and translucent, about 7 minutes.
2. Sprinkle flour on the vegetables and cook 3 minutes longer, slightly browning the flour.
3. Working quickly, add the tomatoes, baking soda, and 1 cup water to the pot and stir. Bring to a boil, reduce heat to a simmer, and add herbs, coconut milk, sugar, vinegar, salt, pepper, and cayenne, stirring to combine.
4. Simmer for 30 minutes, thinning with water if desired. Allow to cool slightly.
5. Remove herb sprigs and purée the soup in batches, either in a blender or using an immersion blender, until smooth. Taste and add salt and pepper as needed.

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**“Walk with a Doc”**

Join City Commissioner Dr. Rose Gowen for the inaugural “Walk with a Doc” at Su Clinica!

**Saturday, June 11, 2016**

8 a.m. - 9:00 a.m.

Su Clinica (105 E. Alton Gloor Blvd.)

“Walk with a Doc” is a walking program for everyone interested in taking steps for a healthier lifestyle. While you walk for about an hour at your own pace, you’ll have an opportunity to have a conversation with local physicians.

For more information, please visit:

http://walkwithadoc.org/our-locations/brownsville-tx/

*Bring your family and a pair of walking shoes!*