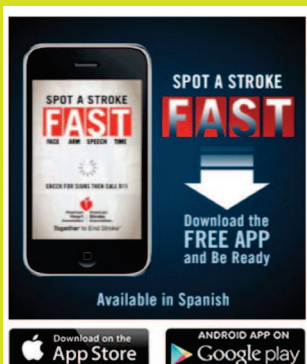


# MAY

The year may be winding down, but chances are good you are in high gear. Testing, report cards, and year-end paperwork are on the horizon. You're probably going a mile a minute!

May is **American Stroke Month**. Did you know that about every four minutes, someone dies of stroke? Of those deaths, 40% occur in males and 60% occur in females. While the statistics are scary, stroke is both preventable and treatable. This month, learn more about how you can take care of your heart and brain health. Read on!



## Did You Know?

Some stroke risk factors are hereditary, while others are a result of lifestyle. Learn more about stroke risk factors and prevention at [strokeassociation.org](http://strokeassociation.org).

## Kick Stress to the Curb

How much stress you have in your life, as well as how you react to it, can play an important role in your overall health. Keep stress at bay with positive coping techniques.

- Focus on healthy outlets for your stress, like taking a walk, journaling, volunteering or a hobby you love.
- Add regular exercise, breath work and meditation to your routine to help you stay more relaxed under pressure.
- Be sure to get enough sleep and take everything one step at a time, especially when you feel rushed or overworked.

Visit <https://healthyforgood.heart.org/be-well> to learn more.

## Spicy Asian Salad

Serves 6

### Ingredients

- ½ cup light mayonnaise
- 1½ tsp. Dijon mustard
- 1 tsp. Chinese chili sauce
- 2.5 oz. canned, salt-free white meat chicken (packed in water, drained)
- 8 oz. canned water chestnuts (drained, chopped)
- 4 chopped green onions
- 2 tbsp. unsalted, unoiled, chopped nuts (cashews, almonds or walnuts)
- ¼ tsp. black pepper
- 2 tsp. lime juice OR juice from 1 fresh lime
- 12 lettuce leaves (iceberg, green leaf, bib, etc.)

### Directions

1. In a medium mixing bowl, combine mayonnaise, mustard, and chili sauce.
2. Stir in chicken, chestnuts, onions, nuts, pepper, and lime juice.
3. Spoon equally into lettuce leaves "cups" and serve.



### Nutrition Analysis (per serving)

Calories	215
Total Fat	8.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	4.5 g
Monounsaturated Fat	2.5 g
Cholesterol	59 mg
Sodium	297 mg
Carbohydrates	8 g
Fiber	2 g
Sugars	2.3 g
Protein	26 g

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