

# GREATER HARTFORD WELLNESS NEWSLETTER

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Dear Clients,

In the words of Soul II Soul, “back to life, back to reality.” Even though that song was released in 1989, it still feels relevant during transitional times like the seasons changing. This is probably most true for the transition between summer and fall. Back from vacations and into regular routines and schedules – school, fall sports and activities, cast-aside job responsibilities, etc. It can certainly feel like a jolt back to reality as life takes on a quicker pace. In this issue, we fill you in on the great happenings at Greater Hartford Wellness, return to Dr. Webb’s “Mindfulness Corner,” share another healthy recipe and some fun activities we love to do in the fall.

We are so excited to share more special workshops and events with you and the community but we want to make sure we address the topics you care about. So please, share your thoughts via email or in-person. Dr. Webb will be asking you to fill-out a survey soon.

Yours in wellness,

Dr. Webb & Ingrid

## WALK WITH A DOC SUCCESS

On Saturday, September 9<sup>th</sup>, Greater Hartford Wellness kicked-off our new monthly program, Walk with a Doc. We had a great turn-out on a beautiful late summer day. It was thrilling to meet so many new people! For a full re-cap of the day, visit our website.

The next Walk with a Doc is scheduled for October 14<sup>th</sup> at 9am in Sperry Park, Avon. Join us!



*It was a picture-perfect day to Walk with a Doc!*

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### Greater Hartford Wellness Happenings

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- **LOGO UPDATE:** Dr. Webb herself has designed a logo for GHW. Our next step is to have a graphic artist turn her sketch into a digital logo.
- **BUSINESS FINISHING SCHOOL:** Dr. Webb and Ingrid jetted off to Dallas to attend a business boot camp (no burpees required). One of the key takeaways for Dr. Webb was to better adhere to appointment times. We know scheduling can be a hassle and we aim to provide the highest care so sticking to appointment times is something Dr. Webb will be working on. Ingrid's going to be holding Dr. Webb accountable for this (accountability was her biggest point to remember). As always, thanks for being patient with us as we try to improve our service!
- **WEBSITE:** We've been working to refresh the website. Check out our events page and let us know what else you'd like to see on there.
- **2018:** We are beginning to calendar our activities for next year. Incorporating rhythms and rituals is important to us so we're starting early to make 2018 a huge year. Stay tuned for exciting developments!

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### Fall Activities

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Fall in New England is gorgeous. Here are some of Dr. Webb and Ingrid's favorite fall activities:

- Bike or walk any of the numerous Rails to Trails paths and enjoy the foliage!
- Sub Edge Farm in Farmington has a wide assortment of fall and winter veggies. Visit their farm stand or grab a CSA share. For more info: <http://subedgefarm.com/>.
- Dr. Webb likes to go apple picking with her family in Southington at Karabin Farms. In addition to the apples, they have cider, hay rides and a petting zoo. Check them out at <https://www.karabinfarms.com/>.
- For pumpkins, fruits and veggies, Avon's Pickin' Patch is a great choice and you also get an amazing view of Heublein Tower! In Middlefield, Lyman Orchards gives you the chance to get lost in their corn maze. If that's not your style, they also have apple picking, shopping at their country store, and golf.
- For those willing to travel a bit, the Essex Steam Train is a wonderful fall activity along the shoreline for the whole family, especially those train enthusiasts.

## MINDFULNESS CORNER

### Quarterly Tip:

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*Explore a local mindfulness resource – the Copper Beech Institute in Farmington offers a variety of classes on their beautiful campus. Many events are free.*

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## WHAT'S COOKING IN OUR KITCHENS

Cooler temperatures mean soup season is upon us! Here's a Dr. Webb-approved and tested recipe from <https://sweetpeasandsaffron.com> for Caribbean Sweet Potato Soup full of spice and everything nice. Hungry yet?



### Caribbean Sweet Potato Soup

Prep Time: 15 mins Cook Time: 45 mins Total Time: 1:25

Serves 4-6

#### Ingredients

1 tablespoon olive oil  
1 onion, diced  
1 tablespoon fresh ginger, minced  
1 clove garlic, minced  
1 jalapeño, diced (see note)  
1 teaspoon allspice  
1/2 teaspoon dried thyme  
1/2 teaspoon ground coriander  
1/2 teaspoon curry powder  
1/4 teaspoon ground ginger

1/4 teaspoon nutmeg  
1/2 teaspoon salt  
1 celery rib, chopped  
4 cups sweet potato, chopped into 3/4 inch cubes  
2-3 cups stock (enough to \*barely\* cover the veggies)  
1 400mL/13.5 oz can of coconut milk

#### Instructions

1. Heat oil in a medium pot over medium heat. Add the onion and cook for 5 or so minutes, until cooked through and translucent.
2. While onion is cooking, combine all the spices in a small bowl (makes them easier to add!).
3. Add the ginger, garlic and spices to the pot and cook for a minute, until nice and fragrant.
4. Add the celery, sweet potato and stock (just enough to \*barely\* cover the veggies).
5. Bring to a boil, reduce heat and simmer for 15 or so minutes, until sweet potato is cooked through.
6. Stir in the coconut milk, then puree with an immersion blender.
7. Taste for spice and salt and add more as needed (you could kick it up with some cayenne if it's not spicy enough for you).

#### Nutritional Information:

Calories 321 // Fat 19 g // Saturated Fat 11 g // Cholesterol 1 mg // Sodium 272 mg // Carbohydrate 34 g // Fiber 5 g // Sugars 10 g // Protein 5 g