



The Health and Wellness Community of the Morris County Chamber of Commerce

Thrive Morris! Newsletter

Winter Newsletter | Issue 8

Newsletter Editor: Mara Kimowitz, **StretchSource®** + **Pliability Stretch™**



Leap into Winter with us!

Thrive Morris!
is here to help you
find ways to connect
with family, friends
and food.

Discover Everything Morris

Flourish
Prosper
Progress



Thrive Morris Leadership Message!



Happy Winter Everyone,

First of all we are happy to be your new co-chairs of our Health and Wellness Forum.

We are delighted to have the opportunity to support our community of health and wellness professionals and bringing high quality information to the fingertips of our community members. We hope to continue building collaborative partnerships with our local health community in order to foster healthy outcomes. We are also inspired to bridge the gap between health care and health prevention.

It is a team effort and I send many thanks to our Chair Emeritus Laura O'Reilly-Stanzillis and the Thrive Morris Advisory Committee: Nicole Barone, Kathy D'Agati, Mara Kimowitz, and Mary Ellen Zung. We also welcome our newest advisory committee member Andi Dickens.

Keep coming back to be part of the continued growth of the Thrive Morris community.

Best in Health,
Lois Manzella Marchitto- **Fitness Knocking®**
and Barb Minemier- **Your Health Truth**

Thrive Morris Events!

Please visit the MCC Events Calendar for events.

Visit www.thrivemorris.com for cutting edge information and opportunities for professional and personal well-being, improvement, and mastery and success through the many resources of Morris County.

Thrive Morris Hikes!

February 17th - 9am
Great Swamp National Wildlife Refuge
Blue, Yellow, and Ivory Trails on AllTrails

Led by Mary Ellen Zung and Dr. Billy Stetzel

For more information please contact
maryellen@outlook.com



Thrive Morris Eats!

Breaking bread- Creating community

Bring your old friends and meet some new ones. Take time to break away from the computer screen and enjoy the company of a fun group of people gathering to enjoy a tasty meal and to support our local restaurants. Separate checks provided so you can order whatever makes you happy.

Limited to the first 18 people

**Dates Posted on
Morris Chamber Calendar.
Hope you can join us!**

If you have questions please contact
Nicole Barone
Nicole@NicoleBarone.com



Photo Credit **Olde Mill Inn**

Thrive Morris Gives!

Project Homeless Connect

Friday, January 26, 2024 7:00 AM -
3:30 PM EST

St. Peter's Episcopal Church
70 Maple Ave.
Morristown, NJ



To learn more about Thrive Morris Gives contact Kathy@backtobasicwellness.com

Please Register

Something for everyone! Check out featured blogs by category

ENVIRONMENTAL

NUTRITION

FINANCIAL WELLNESS

FITNESS

MENTAL AND EMOTIONAL
WELL-BEING

PHYSICAL HEALTH

HUMAN PERFORMANCE

HEALTHY AGING

Thrive Morris Recipe!





Moroccan Grass Fed Lamb Chickpea Stew

By Tina Marinaccio, RDN

Moroccan Grass Fed Lamb Chickpea Stew Recipe:

Ingredients:

- 1 tbsp good olive oil
- 1 large sweet onion, diced
- 8 cloves garlic, chopped
- 1 tbsp ground cumin
- 1/4 tsp hot smoked paprika
- 1/4 tsp cinnamon
- 2 tbsp harissa*
- 1 tbsp fresh grated ginger
- 1 cup fresh cilantro leaves
- 2 carrots, sliced
- 1# ground lamb
- 28oz can diced tomatoes
- 3 pitted prunes, mashed
- 1/2 tsp salt
- 15oz can garbanzo beans, drained
- 1/2 cup dry white wine
- Zest from one lemon
- Optional: Tzatziki or Raita sauce as garnish

For Cooking Directions [click here](#)

Tina is an Integrative Culinary Registered Dietitian and can be reached at tinatherd@gmail.com

We invite members from across the Chamber to stop by on Zoom on the 3rd Wednesday of each month for dynamic presentations and stimulating dialogue. Remember to register in advance on the Chamber Events Page.

HEALTHCARE PARTNERS

Powered by **Health & Wellness Committee** | www.thrivemorris.com

StretchSource | 550 West Main Street , Boonton, NJ 07005

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