



Fall Newsletter | Issue 2

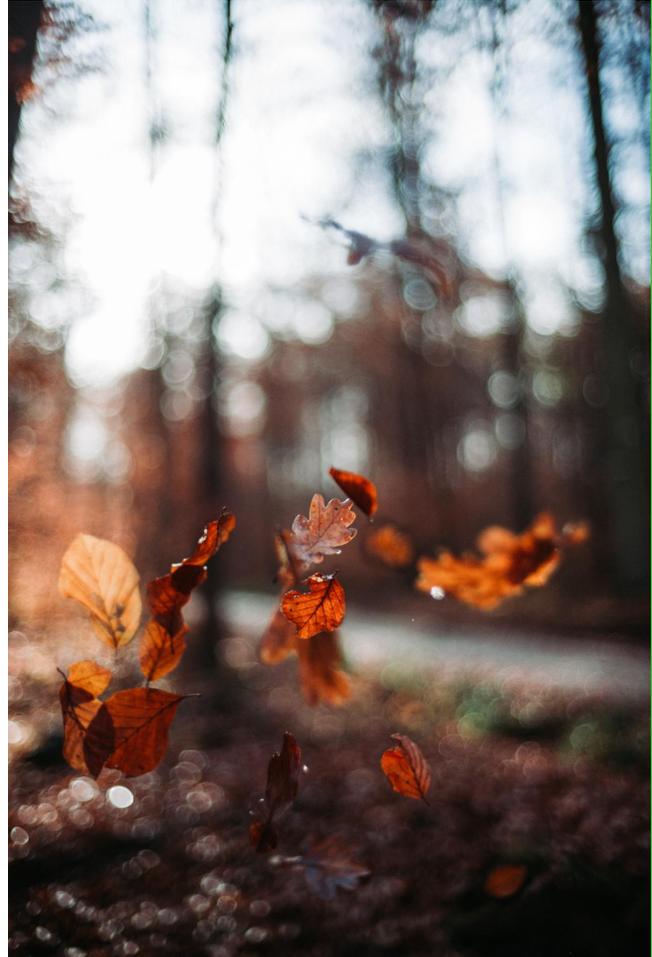
Editor: Mara Kimowitz, [StretchSource®](#)

FALL into a healthier you with support and guidance from Thrive Morris!

This is your Morris County, New Jersey premier online resource and referral guide for all your fitness and wellness needs.

DISCOVER EVERYTHING
THRIVE MORRIS NOW!

Flourish
Prosper
Progress



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,



Leadership Message

Fall is a time of renewal. Kids are back in school and new routines are falling into place, even though we remain in continued uncertainty. While we have made great strides in our battle against Covid, there is still much to do.

One thing is clear. We all need to put our energies into creating strong, healthy bodies. By eliminating the “comorbidities” caused by diet and lifestyle, we can create a resilient immune system that fights off viruses and bacteria, leaving us less vulnerable to future outbreaks and fateful outcomes.

Thrive Morris was created to help you achieve that goal.

Thrive Morris continuously publishes cutting-edge information provided by top-notch professionals in all aspects of healthy living. You can search by topic in categories that include fitness, emotional/ mental health, healthy aging, financial wellness, nutrition, recipes, environmental, physical health, and human performance.

Our event calendar keeps you up to date on fun and educational activities you can participate in throughout the county.

Make sure you don't miss out!

Register to receive our Guide to Thrive quarterly newsletter to stay informed and to become a part of our health and wellness community. Together, we can create a better future for ourselves, our loved ones, and our neighbors.

Kathy D'Agati, Back to Basic Wellness

Please visit the [Thrive Morris Events Calendar](#) for events by local businesses and organizations, monthly hikes, Thrive Morris Eats! and more.

Flourish, Prosper, and Progress

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professional and personal well-being, improvement, and mastery and success through the many resources of Morris County.

Upcoming Events

See the full schedule [here](#).



Walk Against Hunger for nourish.NJ!

Help us fight hunger, one step at a time.

Walk Against Hunger with Team Thrive Morris for Nourish NJ on October 23.
[Click Here to register, order your T-shirt and get the details!](#)

Walk Against Hunger with Team Thrive Morris!

Feed lives. Fuel futures.

Nourish.NJ is a self funded, community based organization creating solutions to hunger, homelessness & poverty. We offer healthy food, housing & work readiness services, medical, social & educational services 365 days a year in a safe, caring environment, no charge, no questions asked.

Thrive Morris Eats! First Event

Break Bread and Create Community.
Oct 28th 12:00 PM - 1:30 PM

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

*Reserve a seat at the
table*

Fall Recipe That is Versatile, Healthy and Hearty

This soup is very versatile. You can add any types of beans or legumes, leftover chicken, beef, shrimp, tofu, etc. If you serve it in a bowl over brown rice, healthy pasta (i.e. brown rice, quinoa pasta or quinoa) you have a whole meal in a bowl. You can use green beans, mushrooms or greens such as collard, kale, chard, spinach in the last half hour as well. Enjoy experimenting!



Very Veggie Soup

By Kathy D'Agati

Ingredients

- Makes at least 20 servings and freezes very well!
- 2 tbs. extra virgin olive oil
- 3 large onions
- 3-4 cloves garlic
- 10 celery hearts or 8 full stalks
- 2 small turnips
- 2 small or 1 large rutabaga
- 2 large parsnips
- 1 large garnet yam
- 10 medium carrots
- 2 small or 1 large head of green cabbage
- ½ cup chopped fresh Italian flat leaf parsley
- ¼ cup chopped fresh dill
- 1 large can organic plum tomatoes with juice
- 2 quarts low sodium vegetable stock (you can use chicken stock if you prefer)

Peel and cut all vegetables into ½ inch chunks. Finely chop garlic and sauté in olive oil with onions until soft but not brown. Add celery and carrots and sauté with onions for a few minutes. Then add all remaining ingredients (except for yams) and cover with stock. Bring to a boil and then turn down heat to a very slow simmer. Cook for 1 hour or until veggies are medium to soft consistency. Add yams and cook for another 30 minutes.

See cooking direction + other delicious recipes!

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