



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

Thrive Morris Newsletter!

Fall 2022

Editor: Mara Kimowitz, [StretchSource®](#) + [Pliability Stretch™](#)



Enjoy FALL with the guidance and support of *Thrive Morris!* - Morris County's premier online resource and referral guide for all your fitness and wellness needs.

Discover Everything
Morris

Flourish
Prosper
Progress

Thrive Morris Leadership Message!



Photo by Christy Ward, [MC Ward Images](#)

Greetings,

October is Breast Cancer Awareness Month, a month when women are informed on the importance of breast screenings and early detection. Often, busy women with jobs, families, and caregiver roles for older family members, tend to put themselves last. Please make your health a priority for yourself, and for those who love you. Men, please encourage the women in your lives to schedule a screening.

Wear pink this month in honor of breast cancer survivors and to raise awareness of the importance of screenings and early detection.

Please put your healthcare first, and watch how you can thrive in all areas of your life!

Yours in Health,
Laura O'Reilly-Stanzilis RN
MSM
Executive Director, The North Jersey Health Collaborative
Chair of Thrive Morris- the MCCC Health & Wellness Committee

Thrive Morris Events!

Please visit the *Thrive Morris* Events Calendar for events by local businesses and organizations, monthly hikes, Thrive Morris Eats! and more.

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.

Upcoming Events
See the full schedule [here](#).

Thrive Morris Hikes!

Please join our Team!

Team Thrive Morris will lead a guided hike to support Nourish NJ.

If you cannot join us please donate on our Team page to Feed Hunger and Fuel Lives!

[Donate Now!](#)

When: October 22, 2022 at 8:30 am Est. time

Get Directions and learn about the trail
[Click Here](#)

Register [HERE](#)



Questions: Please email Laura O'Reilly Stanzilis at Laura@njhealthmatters.org

Led by Mary Ellen Zung



Thrive Morris Eats!

Upcoming Dates

Wednesday, October 26, 2022 12:00

Noon - 1:30 PM EST

Capital Grille

10 Dryden Way

Parsippany, NJ 07054

Thrive Morris Eats at The Capital Grille

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 are provided so you can order whatever makes you happy. This event is limited to the first 18 people.



Photo Credit [Olde Mill Inn](#)

*Reserve a seat at the
table*

Advance registration required:

[Morris County Chamber of Commerce](#)

Hope you can join us!

If you have questions please contact

Nicole Barone

Nicole@NicoleBarone.com

Thrive Morris Gives!

Join *Thrive Morris Gives* as we support these Not-for-Profit Organizations:

Friday 10/14

Time: 9:00 AM-?

Organization: Habitat for Humanity – Team Build
Habitat for Humanity brings people together to build homes, communities and hope.
This home build will be in Rockaway, NJ. More details to follow.

To sign up visit the Morris County Chamber of Commerce Event Page: [Events Calendar \(morrischamber.org\)](#)

For questions about *Thrive Morris Gives!* activities please contact:
Kathy D'Agati / kathy@backtobasicwellness.com

Breast Cancer Awareness Month!

Screenings are tests that look for diseases before you have symptoms. Screening tests can find diseases early when they're easier to treat.



Mammography is the most common screening test for breast cancer.

Magnetic resonance imaging (MRI) may be used to screen women who have a high risk of breast cancer.

To learn more go to full blog - [click here](#).

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!



Lamb Stew

By Tina Marinaccio, RDN

Ingredients

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](#)

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.

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