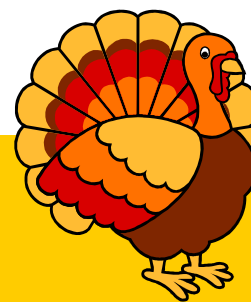


November 2012



JUMP START NEWS

THANKSGIVING HOLIDAY HOURS

Thursday, November 22nd

CLOSED

Friday, November 23rd

**6 am – 2 pm
(Morning Classes Only)**

Saturday, November 24th

**8 am – 4 pm
Regular Schedule**

Featured Recipe: Lemon-Dill Green Beans

Ingredients:

- 1 pound green beans trimmed
- 4 teaspoons chopped fresh dill
- 1 tablespoon minced shallot
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- 1 teaspoon whole-grain mustard
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper



Directions:

1. Bring an inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover and cook until tender-crisp, 5 to 7 minutes.
2. Meanwhile, whisk dill, shallot, oil, lemon juice, mustard, salt and pepper in a large bowl. Add the green beans and toss to coat. Let stand about 10 minutes before serving to blend flavors.

Makes 4 servings

For 10 servings: multiply by 2½

Holiday Give-a-way!

Make your attendance count big this holiday season! Visit 15 times between now and December 13 to get your name entered to win a turkey or ham for your holiday celebration!



Official Rules:

All members are eligible, no sign up necessary. Any visits between 11/1/12 and 12/13/12 qualify towards the visit count. Names will be entered and drawn on 12/14/12. Prize winner will be announced and notified on 12/14/12.

Jump Start

Christmas Potluck

December 14th

12 – 2 pm

Sign-up at the JS Desk



*Happy Thanksgiving
from
Associated Therapeutics!*