



MARCH NEWSLETTER

Lemon Garlic Asparagus & Chicken Stir-Fry



Ingredients:

- 1 lb boneless chicken breast or thighs, sliced thin
- 1 bunch asparagus (about 1 lb), trimmed and cut into 2-inch pieces
- 3 cloves garlic, minced
- Juice and zest of 1 lemon
- 2 Tbsp olive oil
- Salt, pepper, and optional red pepper flakes to taste
- Optional: Serve over brown rice or quinoa for extra fiber

Directions:

1. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Season chicken with salt/pepper and stir-fry 5-7 minutes until cooked through. Remove and set aside.
2. In the same skillet, add remaining oil, garlic, and asparagus. Stir-fry 4-5 minutes until asparagus is tender-crisp.
3. Return chicken to skillet, add lemon juice/zest, and toss 1-2 minutes to combine. Adjust seasoning.
4. Enjoy hot! (Approx. 300 calories per serving, high in protein, vitamin C, and fiber.)

March Wellness Focus: Spring Renewal & Energy Boost

- **Beat the Mid-Winter Slump:** With daylight savings time approaching (March 8, 2026), use the extra light for short outdoor walks. Even 10-15 minutes daily can improve mood and vitamin D levels.
- **Hydration Tip:** Swap one sugary drink for water infused with lemon or cucumber—great for detox and energy as spring arrives.
- **Mental Health Check-In:** Spring is a great time for renewal. If stress is building, use MD Live resources or chat with a trusted friend. You're not alone!

Spring Forward: Renew, Recharge and get ready for Wellness!

March is here, bringing longer days, hints of spring, and the perfect time to shake off winter sluggishness. As we head toward warmer weather let's focus on small steps that build big energy and health gains. Whether it's moving more, eating fresher, or prioritizing mental well-being.

News Update

Mark your calendars for the
Health Fair Now Scheduled!

Wednesday, April 22nd in Lander
Thursday, April 23rd in Riverton
5:45am - 9:30am both days

You can sign up for appointments
by the end of March on the
Wellness website:
fremontcountywellness.com

Watch for more information
coming out soon!

