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# Office News

## April 2026



### Dear Patients:

This month, we celebrate the joy of movement! April is National Move More Month, an initiative by the American Heart Association that encourages consistent physical movement. The aim is to reduce sedentary behavior by promoting at least 150 minutes of weekly moderate exercise, such as walking, bicycling, dancing, or yardwork, to improve physical and mental well-being.

What is something you look forward to doing this month to sit less and move more? Let us know how we can assist you in reaching your goals!

**Live healthy, live well,**

Dorothy Cohen Serna, MD, Kelly Englund,  
MD Stacey, Therese, & Coach Michael



### Sweet Potato & Black Bean Hash

Preheat oven to 375 degrees.

Peel and cut 2 medium-large sweet potatoes into ½ inch cubes.

Toss in olive oil and roast on a baking sheet for 25 minutes.

In a skillet, heat 2 T of olive oil on medium heat. Add ½ onion, chopped, and cook until soft. Add a 16oz can of black beans, rinse and drained.

Keep on heat until beans are hot.

Add spices according to your taste. Recommended are: 1 tsp of salt and pepper, 1 tsp of cumin, 1 tsp of red pepper flakes, ½ tsp of chili powder, 1 tsp of cocoa powder.

Add sweet potato chunks when done.

**Can be used as a burrito filling, topping for taco salad, or eaten over rice!**

### We are Updating & Expanding our WELLNESS COACHING OPPORTUNITIES

At NCIM&W, it remains our focus to provide you with the most comprehensive health care possible. While we have always prioritized having credentialed wellness coaches on our team, now we are expanding our coaching offerings and more fully integrating coaching into the patient experience.

Individual coaching is available immediately. This month, we are bringing additional qualified coaches on board and look forward to introducing them to you. We will also be starting our group coaching series. Your practitioner can answer questions about coaching and connect you to a coach for a complimentary introductory call to help you decide what approach to coaching is right for you. Let us know if you are curious to learn more or want to talk to a coach about getting started!

## Coaching CORNER

Movement is one of the cornerstones of health, and physical activity is one of the six pillars of lifestyle medicine. This month, we are celebrating the contribution that this simple, accessible form of medicine makes to our physical and emotional well-being.

The benefits of regularly moving your body by doing moderate activity includes enhanced cardiovascular health, stronger muscles/bones, effective weight management, and reduced risk of chronic diseases like diabetes and cancer. It enhances mental health by reducing stress, anxiety, and depression, while improving sleep quality, cognitive functioning, and energy.

It's a great time of the year to get outside and stretch your legs! Alternatively, you can join an exciting workout class, or squeeze in a little feel-good exercise at home to start or complete your day.



Enjoy "Move More Month" and celebrate what your body can do!

**COMING  
SOON**

### Mark Your CALENDARS

Please join us for our 6 week GLP-1 & Lifestyle Medicine Coaching Series! Watch for upcoming emails for more information and to register for these seminars!

**When:** Tuesdays @ 1pm, starting  
May 5<sup>th</sup>

**Where:** Zoom