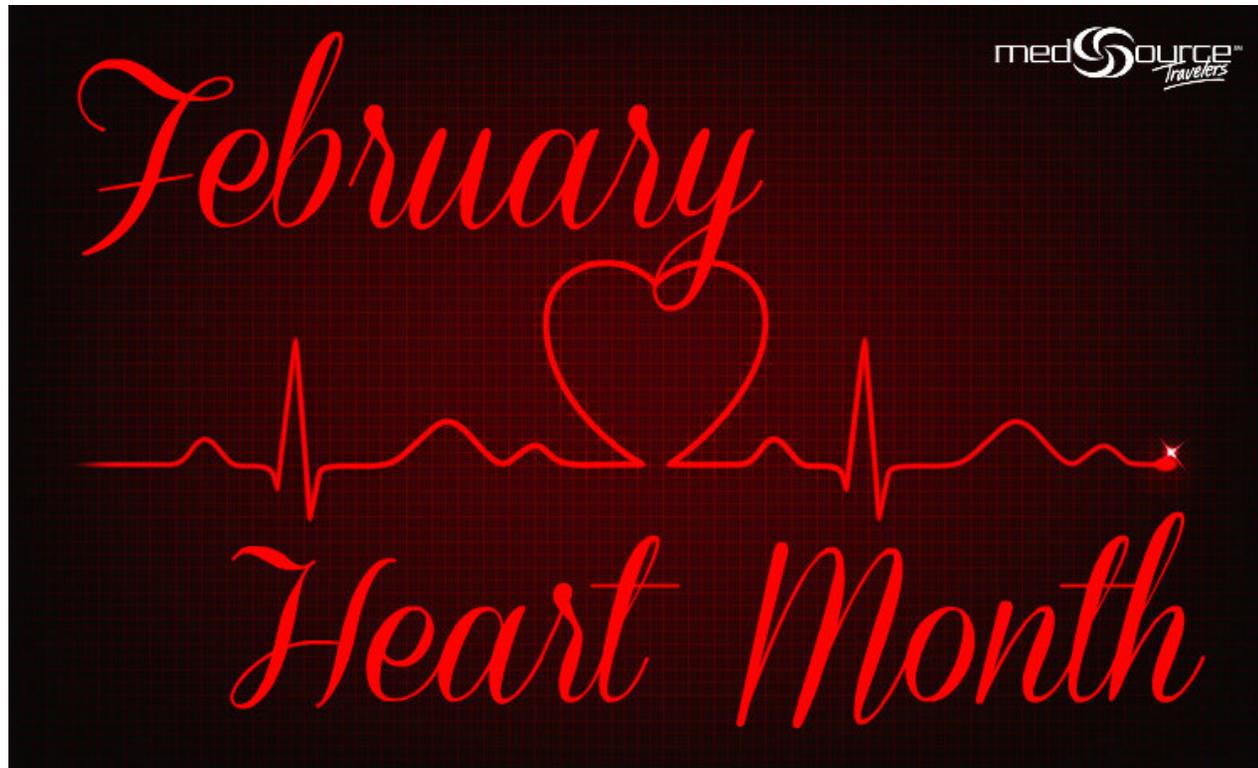
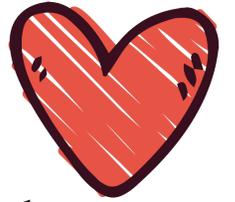


"TO TRAVEL IS TO LIVE"



Check us out on Social Media!



[www.facebook.com/MedSource - Travelers](http://www.facebook.com/MedSource-Travelers)

www.twitter.com/medsourcetravel

National Wellness Dates in February



February 1st

National Wear Red Day

Wear red to raise awareness about cardiovascular disease and save lives. Because when we come together, there's nothing we can't do.



February 3rd - 9th

National Burn Awareness Week

A window of opportunity for organizations to mobilize burn, fire and life safety educators to unite in sharing a common burn awareness and prevention message in our communities.



February 4th

World Cancer Day

World Cancer Day empowers all of us across the world to show support, raise our collective voice, take personal action and press our governments to do more.

January 2018 Traveler of the Month



We want to take a moment to give a special notice to our January traveler of the month, Kims P! Thank you for being such an important part of our team!



What we look for when picking our "Traveler of the Month"?

- *Flexibility
- *Dependability
- *Team Player
- *Works Scheduled Hours
- *Receives Excellent Evaluations
- *Active on Social Media
- *Goes above and beyond to represent themselves as an outstanding medical professional
- *And of course, continued loyalty to MedSource!!

Month of February: American Heart Month #MoveWithHeart

Heart disease is the leading cause of death in the United States. Fortunately, it is largely preventable and there are many things people can do to reduce their risk, such as being more active. Join the NHLBI and it's The Heart Truth® program this year in encouraging Americans to move more and Move with Heart. You should strive for at least 150 minutes (2 ½ hours) each week of physical activity that gets your heart pumping.

National Heart, Lung, and Blood Institute

Building 31, 31 Center Drive, Bethesda, MD 20892

(301) 592-8573 | nhlbi.nih.gov



#MoveWithHeart



Go Red for women

On the first Friday of every February, which is designated as American Heart Month, the nation comes together, igniting a wave of red from coast to coast. From landmarks to news anchors and neighborhoods to online communities; this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke.

1 in 3 women die of heart disease and stroke each year. So we encourage you to join the movement to end heart disease and stroke in women because it's not just a man's disease. Here's what it means to Go Red:

G: GET YOUR NUMBERS

Ask your doctor to check your blood pressure and cholesterol.

O: OWN YOUR LIFESTYLE

Stop smoking, lose weight, exercise, and eat healthy.

It's up to you. No one can do it for you.

R: REALIZE YOUR RISK

We think it won't happen to us, but heart disease kills one of three women.

E: EDUCATE YOUR FAMILY

Make healthy food choices for you and your family.

Teach your kids the importance of staying active.

D: DON'T BE SILENT

Tell every woman you know that heart disease is our No. 1 killer.

Raise your voice here at GoRedForWomen.org.

National Wellness Dates in February



February 7th - 14th
Congenital Heart Disease Awareness Week

CHDs affect approximately one in 100 births every year in the United States and are the most common type of birth defect.



February 9th

National Toothache Day

Also known as odontalgia, a toothache is pain generating from a tooth or multiple teeth. National Toothache Day is observed annually on February 9.



February 10th - 16th

Cardiac Rehabilitation Week

Celebrate National Cardiac Rehabilitation Week and draw attention to the role of cardiac rehabilitation in reducing the potentially devastating effects of heart disease.



February 10th - 16th

Cardiovascular Professionals Week

"The Beat Goes On." is this Year's Theme. The dedicated professionals in cardiac care work tirelessly to keep hearts healthy and quality care in cardiology requires a great deal of teamwork.



Month of February: Age Related Macular Degeneration Month

Age-related macular degeneration (AMD) is the leading cause of vision loss for people aged 60 and older in the United States. According to the American Academy of Ophthalmology (AAO), 10-15 million individuals have AMD and about 10% of those affected have the "wet" type of age-related macular degeneration.

American Foundation for the Blind

1401 S. Clark Street, Ste. 730, Arlington, VA 22202
(212) 502-7600 | www.afb.org



Having a Heart Healthy Valentine's Day

Avoid "Calorie Bomb" Meals:

Gigantic meals can wreak havoc on your health. Special deals or set menus for holidays like Valentine's Day are often bigger and more decadent than normal. For Valentine's Day, try splitting an entree with your loved one. Have a glass of heart-healthy red wine instead of a cocktail, and make wise choices.

Skip the Movie - and Do Something Active:

Instead of sitting in a movie theater for two hours, try taking a leisurely walk. Or maybe try something like ice skating (outdoors or indoors). If you are feeling extra adventurous, try taking a fitness class or guided workout together!

Instead of Candy, Choose Another Gift:

Try the traditional flowers or jewelry, or think outside the box. Maybe a spa gift certificate or healthy cookbook. Once the chocolates are gone, they're gone, why not give a more permanent gift?

Build Relationships With Supportive Groups:

Research shows that social support helps your heart health. This support includes not only significant others but also friends and family. Whether single or in a relationship, having a larger support group that can give you encouragement and pickup your spirits is always a great thing.

Love:

Caring relationships can be found in many places. Support from others can be the motivation that helps us make daily progress towards our goals. Remember "Do your work with your whole heart and you will succeed. No road is long with good company" Love your heart with some healthy steps each day, and take a walk with a friend or group when you can.



National Wellness Dates in February



February 14th
National Donor Day

Valentine's Day - and every day for that matter - is the perfect day to register as an organ, eye and tissue donor! What a better way to express love than to commit to saving and healing lives by joining the donor registry?



February 17th

Random Act of Kindness Day

Our mission is to change schools, the workplace, families and society through kindness. We work toward that goal by creating free content that promotes kindness toward others & teaches important kindness skills to kids.



February 25th - March 3rd
National Eating Disorder Awareness Week

30 million Americans will struggle with a full-blown eating disorder and millions more will battle food and body image issues that have untold negative impacts on their lives.



February 28th
Rare Disease Day

Rare Disease Day will focus on bridging the gaps between medical, social and support services in order to tackle the challenges that people living with a rare disease and their families around the world face every day.

Children's Dental Health Month



Month of February: National Children's Dental Health Month

National Children's Dental Health Month is brought to you by the ADA. This month-long national health observance brings together thousands of dedicated professionals, healthcare providers, and educators to promote the benefits of good oral health to children, their caregivers, teachers and many others. This year's NCDHM campaign slogan is "Brush and clean in between to build a healthy smile"

American Dental Association

211 East Chicago Avenue, Chicago, IL 60611

(312) 440-2500 | ada.org



Perfect Filet Mignon for Two

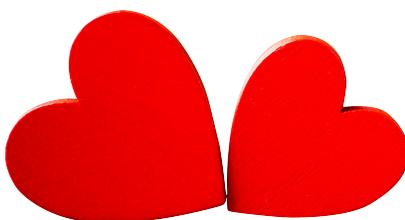
246 Calories per steak

This easy recipe will give you perfect Filet Mignon every time. As a steak lover, I can't think of a better meal for two for a special occasion like Valentine's Day.

Featured on Skinnytaste.com

INGREDIENTS

2 (6oz) beef tenderloin filet mignon steaks, trimmed of fat
Olive oil cooking spray
Kosher salt & fresh cracked pepper



DIRECTIONS

1. Let the steaks rest on the counter to come up to room temperature at least 30 minutes before ready to cook.
2. Preheat the oven to 400°F.
3. Spray the steak lightly all over with olive oil, then season both sides generously with kosher salt and black pepper.
4. When the oven is ready, heat the skillet over high heat until the pan is very hot.
5. When hot, add the steaks and cook, without moving for 2 1/2 minutes. Turn over and cook an additional 2 to 2 1/2 minutes.
6. Sear the sides of the steaks for about 1 minute so it's browned all over.
7. Place the steaks in the oven for about 4 to 5 minutes, then check them with the meat thermometer inserted into the side of the steak.
8. Remove when the steaks read 125°F for Medium Rare, or 130°F for medium.
9. Let them rest 5 to 10 minutes before serving (meat temp will rise 5 to 10 degrees after removing from oven.)



Homemade Skinny Chocolate Cake

163 Calories per 2.5x2.25 inch slice

Be still my chocolate loving heart, a moist chocolate cake made from scratch with only three tablespoons of oil in the entire cake!

Featured on Skinnytaste.com

INGREDIENTS

1 1/2 cups of sugar
3 tbsp canola oil
4oz unsweetened applesauce
1 egg
2 egg whites
1 cup HOT coffee
3/4 cup unsweetened cocoa powder
2 tsp vanilla extract
1 cup fat free milk
2 cups cake flour (not self rising)
1 package instant chocolate pudding (not sugar free)
1 tsp salt
1 tsp baking powder
1 1/2 tsp baking soda
1/4 cup plain fat free Greek yogurt
spray oil

DIRECTIONS

1. Preheat oven to 325°F.
2. Lightly spray and flour your cake pan.
3. In a large bowl combine flour, dry chocolate pudding mix, salt, baking powder, and baking soda. Set aside. (dry ingredients)
4. In a medium bowl, combine HOT coffee with the cocoa powder until it dissolves. Slowly add milk and vanilla extract. Set aside. (wet ingredients)
5. In a stand mixer on low speed combine the sugar and oil; mix to combine well.
6. Add the applesauce until mixed through. Then add eggs and egg whites until incorporated.
7. Starting with the dry ingredients, slowly add a little of the dry, then a little of the wet ingredients, alternating between wet and dry until all the ingredients are mixed in.
8. Last step is to add the Greek yogurt and just stir to combine.
9. Pour into the cake pan and transfer to oven.
10. Depending on the pan you use, (I used a 13x9-inch pan) bake for 40 minutes or until toothpick inserted comes out clean. Cupcakes will be closer to 25-30 minutes.

