

# FRESH BEGINNINGS

August 1st, 2017.

## 7 WAYS TO MAKE THE MOST OF YOUR DOCTORS VISIT

Your relationship with your doctor is all about your health, of course, but it's also about mutual trust, communication and understanding. The better you two get along, the more satisfying your relationship is, and that's good for your health.

1. "Hey, Look at me." - If your doctor is not, try saying, "I'd feel more comfortable if you looked at me while we talked."
2. Try good manners. -The more you and your doctor relate to each other on a personal level, the more satisfied you'll both be. And that's healthier for you, too.
3. Be the squeaky wheel. -You may feel uncomfortable about suggesting an appointment with another doctor, but it's a reasonable request and it's better for both of you that you propose it rather than leave the office feeling annoyed.
4. Make your priorities clear.—It's important to have valuable conversations with your doctor.
5. How can I reach you? -Get in touch with your doctor, and stay in contact.
6. Start with your main concern. -Start the conversation at your next appointment with the problem that concerns you most, rather than listing all of them at once.
7. Provide some background. -Your doctor should have all of your current medical history at all times.



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## CCSD 2017-2018 SCHOOL YEAR

With over 300,000 students, 35,000 employees, 336 schools and an annual budget of \$5.2 billion, the Clark County School District is the sixth-largest school district in the nation. It is also one of the fastest-growing school districts in the country, absorbing thousands of new students each year. With the new school year quickly approaching, all of the old and new students are collecting their school supplies for the year. Kindergarteners are excited for a new chapter in their life, as well as the soon to be Seniors. CCSD keeps growing every year, and the Clark County School District staff is always excited to see fresh new faces. August 14th, were ready for you!



## NEVADA BENEFITS

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- Licensed Broker and Insurance Agent
- Technology and Financial Knowledgeable
- Wide Array of Insurance and Financial Solutions
  - Value and Reduced cost
  - Money Back Guarantee
  - Certified Financial Planners

## CHOPPED SALAD WITH STEAK

### Ingredients:

- 6 cups of chopped romaine lettuce
- 1 small red onion, thinly sliced
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 cucumber, peeled and sliced
- 1/2 cup pitted kalamata olives, chopped
- 1/4 cup loosely packed fresh flat-leaf parsley, chopped
- 3/4 pound seared flank steak with lime-wasabi sauce, chopped
- Crumbled blue cheese

### Preparation:

Toss together first 7 ingredients in a large bowl. Divide salad mixture among plates; top each with steak and desired amount of blue cheese. Serve with blue cheese dressing.

