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**November Is National Epilepsy Awareness Month**

<http://www.epilepsyfoundation.org/>

November is National Epilepsy Awareness Month and the [Epilepsy Foundation](#) is going to raise awareness through social networking.

The goal is educate people about epilepsy and demonstrate the power of personal stories. Parents, family, friends and caregivers are encouraged to talk about epilepsy through social networking about what epilepsy means to them through [facebook](#) and [twitter](#).



Epilepsy is the third most common neurological disorder in the United States and affects nearly 3 million Americans (and 50 million people world-wide). Despite its prevalence, the condition is often overlooked and misunderstood. The National Epilepsy Foundation is encouraging everyone affected by seizures to share some aspect of their story during National Epilepsy Awareness Month. Talking about epilepsy will empower those impacted by the condition to speak out without shame, said Eric R. Hargis, president and CEO of the Epilepsy Foundation.

[\[VIEW THE FULL STORY\]](#)

**Winter Vegetable Soup**

*by Food Everyday, Nov. 2009*

This yummy soup is quick and easy after a busy day.

[\[VIEW THE FULL STORY\]](#)



**How To Have An Eco Friendly Thanksgiving**

Start the holiday season off right by curbing your consumption. There many simple things you can do to have an eco-friendly Thanksgiving. Here are some ideas:

1. Buy local and organic.
2. Stay close to home.
3. Use real place settings and cloth napkins instead of paper and plastic.
4. Compost, recycle and reuse.
5. Share the knowledge. Let guests know that everything they are eating today came from under 100 miles away, is 100 percent organic and only cost \$\_\_.

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## [Exercise and the Holidays](#)

The holiday season offers plenty of opportunities for extra eating and drinking. When busy schedules get even busier in the holiday rush exercise is often a casualty. This all adds up to the potential for packing-on unwanted pounds between now and New Years Day!

It is okay to miss a day of your regular exercise routine over the holidays, but with some simple planning you can enjoy the season and not pack on those unwanted pounds. Here are a few tips to help you maintain your fitness level over the holidays.

[\[VIEW THE FULL STORY\]](#)



## [How To Save Money Dining Out](#)

1. Go out for lunch instead of dinner. Most times the prices on the lunch menu are a fraction of what you will pay at dinner for the same entrée.
2. Watch what you drink! Restaurants make a larger profit on beverages than they do food. Do you really need that bottled water or cocktail?
3. Share dessert. Find a partner who enjoys the same dessert as you and be sure to ask for two spoons.
4. Cut a coupon. Use the coupons that come in the mail or check the restaurants website to see if they are offering any on line coupons.
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<http://www.thanksgivingrun.org/2009/index.html>

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## [Dates to Remember](#)

November 1 - Daylight Savings Time Ends  
November 11 - Veterans Day  
November 26 - Thanksgiving



## [Meet the Team](#)

[www.greatdayeveryday.com](http://www.greatdayeveryday.com)

Spice of Life is a team of very dedicated, talented professionals who consistently and cooperatively work together to create successful events that exude the heart and passion that is discovered in its production. Spice of Life's team is devoted to touching people's lives-- one event at a time.



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“National Epilepsy Awareness Month is an opportunity to take advantage of the many new social networking technologies so that more people will understand what epilepsy is, what challenges come with having this condition and how people can come together to raise awareness and find a cure,” Hargis said. “Then the lives of nearly 3 million Americans will have changed for the better. This is our goal,” he said.

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## Winter Vegetable Soup

by Food Everyday, Nov. 2009

This yummy soup is quick and easy after a busy day.

### Ingredients

- 2 tablespoons butter
- 1 medium onion, diced
- 2 garlic cloves, minced
- coarse salt and ground pepper
- 1 pound acorn squash, peeled, seeded and cut into 1-inch chunks
- 1 bunch kale, leaves torn
- 1 can cannelloni beans
- 3 sprigs thyme
- grated Parmesan, for serving

In a large Dutch oven or heavy pot, melt butter over medium heat. Cook onion and garlic until fragrant, 3 minutes; season with salt and pepper. Add squash and kale and cook until kale is wilted, about 3 minutes; season with salt and pepper. Add broth beans and thyme. Bring to a simmer and cook until squash and kale are tender, about 12 minutes. Season soup with salt and pepper and serve with Parmesan.

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1. Shop online and use the time you save for exercise.
2. Shop downtown or in other urban areas where running your errands will involve a lot of built in walking. These places usually display a festive atmosphere as well.
3. Ask your gym about guest passes for visiting family members and house guests. Invite them to work out with you. (They may be out of their routine as well.)
4. When planning a get together with friends suggest a walk in an area where you can take in the holiday lights and displays and take that cup of hot cocoa with you.
5. Make fitness a family affair. Instead of the usual potluck with relatives suggest an outing that involves physical activity. Go hiking, biking, ice skating or bowling!
6. Do not go to a party hungry. Eat a healthy snack ahead of time.
7. Do allow yourself some sweet treats and indulgences, but remember to eat them slow and enjoy them.
8. Finally, relax and enjoy the season!

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### Meet the Team

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Amy's background in sales, management and corporate fitness is what led her into producing Health & Lifestyle Expos. In 2006 Spice of Life incorporated making Amy the official CEO. With an incredible love for animals and plants she spends much of her time caring for her pets and garden.

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Tim joined the Spice of Life team three years after its inception. With his background in outdoor recreation systems management and an openness to learn sales and the business, event planning came naturally for him. He also quickly took ownership of his role in the company which has led him where he is today, sharing the role of running the business with Amy.



Laurie joined the Spice of Life team after 26 years in Human Resources. Her strong background in benefits and her natural ability to meet and greet people made this career change seamless.

With a background in Public Relations and Education, Sabrina joined the Spice of Life team in 2001. After taking

a break to start a family she is back with the team on a part-time basis contributing to our company newsletter.

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