

WELLNESS NEWS

Third Quarter 2017



Total Wellness Day 2017

TOTAL WELLNESS = BALANCE BETWEEN HEALTH AND WEALTH



HEALTH

Monroe County Employees, Retirees & Spouses!

Thursday, September 28, 2017

8:00 a.m.—4:00 p.m.

Monroe County Courthouse

1st Floor BOC Chambers & Committee Room

2nd Floor Lounge –Flu Vaccinations (Don't forget insurance card!)

WEALTH



Get Active In Wellness!! It's Your Health!!

(1st Floor, BOC Committee Room)

Learn How To Make Healthy Snacks

Provided by Monroe County Public Health

Receive A 5 Minute Chair Massage

Provided by Mindful Massage & Natural Mind

Check Your Blood Pressure

Provided by Advance Career Training

Sample Healthy Shakes

Provided by Nutritional Blast!

**CHALLENGE YOURSELF TO
LIVE HEALTHY!!**

[Link to Challenge](#)

YMCA Membership = Single
Membership or Equal Value

**Solved Crossword Puzzle +
Completed Activity Log**

=

**Free Fitbit &
Chance to Win YMCA Membership**

Challenge Rules on
Healthy Living Log

Fitbit will be delivered
at a later date

Wellness Week Activities

All activities are from 12:00 p.m. to 1:00 p.m.

~Monday, September 28 2017 ~

Courthouse, Board of Commissioners Chambers—**Part 1 “Fed Up”** -

Documentary that examines the underlying causes of childhood obesity, which has become an increasingly serious medical issue in America

~Tuesday, September 26, 2017~

Courthouse, Board of Commissioners Chambers—**Part 2 “Fed Up”**

Health Department—**Self Defense**

Employment and Training—**Chair Yoga**

~Wednesday, September 27, 2017~

Courthouse, Board of Commissioners Chambers—**Chair Yoga**

~Thursday, September 28, 2017~

WELLNESS DAY AT THE COURTHOUSE

8:00 A.M.—4:00 P.M.

Yoga will be geared toward those who work in an office environment no need to change clothes .

Please sign up with Meagan Russell no later than 09/19/2017 to participate in Yoga or Self Defense.

Participating Vendors



Healthy Eating Demo

Flu Vaccinations

Harbor Symmetry

Varipro

Raffles & Prizes

Morgan Stanley

Promedica Monroe Regional Hospital

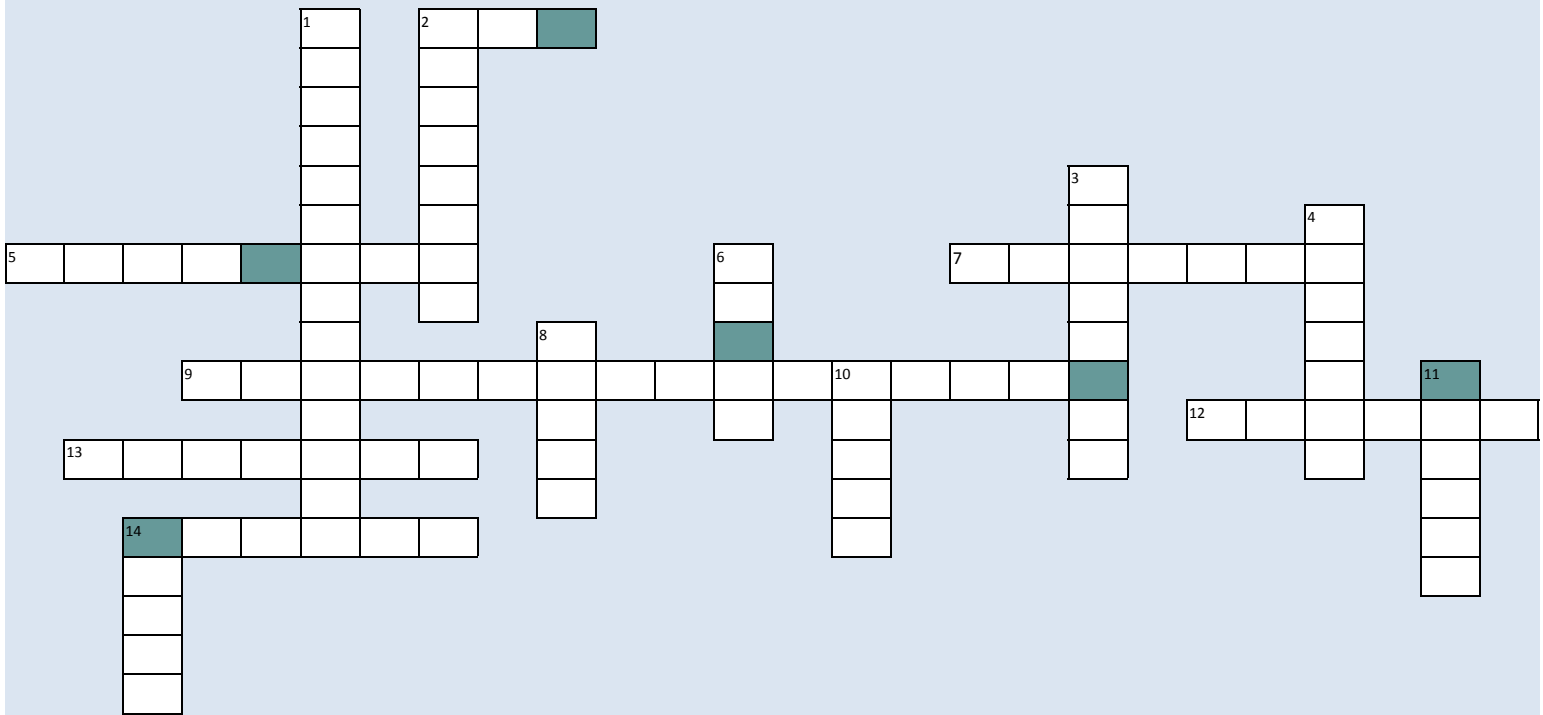
Advance Career Training - Blood Pressure



Monroe Family YMCA
Francis Family YMCA—Bedford

SOLVING THE PUZZLE OF LIVING HEALTHY

Clues to the answers can be found by reading previous wellness newsletters. [Click Here](#)



CROSSWORD PUZZLE CLUES:

ACROSS

2. Estimate of body fat based on height and weight
5. Should have this completed by primary doctor annually
7. BCBS member discount program that helps you stay healthier for less
9. Provides a picture of your current health and your health risks
12. Take these instead of an elevator
13. Aerobic activity you can do anytime and anywhere
14. A way to reduce financial stress

DOWN

1. Reduces the risk of heart disease and stroke while helping to prevent cavities
2. A green vegetable
3. Great stress reliever
4. Additional way to save for retirement
6. An alternative for pop
8. An alternative for an appetizer at a restaurant
10. 7 to 9 hours need nightly to support good memory and good judgment
11. A healthy way to fuel your body
14. A person who will exercise with you

BONUS :

is an activity tracker, wireless-enabled wearable technology device that measures data such as the number of steps walked, heart rate, quality of sleep, steps climbed , and other metrics.

Open Enrollment - Mark Your Calendar!

Monday, October 30, 2017

6:30 a.m. - 9:00 a.m. MCSO, Jail
 10:00 a.m.—12:00 p.m. Courthouse, Committee Room
 2:30 p.m.—3:30 p.m. Fairview
 6:00 p.m.—8:00 p.m. MCSO—Dorm

Tuesday, October 31, 2017

6:30 a.m. - 8:30 a.m. Central Dispatch
 8:45 a.m.—9:15 a.m. COA / Veterans
 9:30 a.m. - 10:30 a.m. Drain Commission
 10:45 a.m.—11:15 a.m. Animal Control
 11:30 a.m. - 1:00 p.m. Health Department
 2:00 p.m.—4:00 p.m. Youth Center

Wednesday, November 1, 2017

6:30 a.m. - 9:00 a.m. MCSO, Dorm
 9:15 am. - 10:15 a.m. Treasurers / Register of Deeds / Equalization
 2:00 p.m.—4:00 p.m. Employment and Training
 6:00 p.m.—8:00 p.m. MCSO, Jail

Thursday, November 2, 2017

6:30 a.m. - 8:30 a.m. Central Dispatch
 9:00 a.m.—12:00 p.m. Courthouse, BOC Chambers
 2:30 p.m.—4:00 p.m. Youth Center

Friday, November 3, 2017

7:30 a.m.—9:30 a.m. South County Water
 10:00 a.m.—10:30 a.m. South County Magistrate’s Office
 2:00 p.m.—4:00 p.m. Bedford Sub Station

Monday, November 6, 2017

8:00 a.m.—4:30 p.m. Courthouse, Committee Room

DON'T FORGET TO BRING THE FOLLOWING INFORMATION WITH YOU TO OPEN ENROLLMENT:

Personal Social Security Number

Spouse Social Security Number

Spouse Date of Birth

Dependant Social Security Number

Dependant Date of Birth

** Please note we do not need copies of Social Security Cards unless contacted directly.*

The above schedule includes only County of Monroe HR Representatives. The schedule for Aflac will be available at a later date.

