

# WELL-BEING IN 2016



WELL-BEING [WEL-BEE-ING] NOUN A GOOD OR SATISFACTORY CONDITION OF EXISTENCE; A STATE CHARACTERIZED BY HEALTH, HAPPINESS, AND PROSPERITY; WELFARE

## SAVE THE DATE

**LUNCH & LEARN** "THE SITTING DISEASE" **JANUARY 28TH, 2016**

Do you have the sitting disease? Chances are you do. You've probably guessed the remedy — stand up. Move. But for how long, and what exactly do you need to do? Get the answers in this session!

**ORGANIZED WALK** **CROSSROADS CHURCH** **FEBRUARY 25TH, 2016**

Just because it's cold outside doesn't mean you have to stop walking! Join the wellness committee and other Fulton County Walkers at Crossroads Church in Wauseon for a pleasant indoor walk.

**LUNCH & LEARN** "STRESS MANAGEMENT AND MASSAGE THERAPY" **MARCH 31ST, 2016**

Yes it's true! 5 minute chair massages will be offered as you learn from experts about the benefits of Massage Therapy as well as other stress management techniques!

**LUNCH & LEARN** "CARING FOR YOURSELF WHILE CARING FOR OTHERS" **MAY 19TH, 2016**

It's unavoidable, at some point in our lives, we will be or know someone who is caregiving. Learn ways to be prepared, and know what resources are available.

**ORGANIZED WALK** **HOMECOMING PARK** **JUNE 16TH, 2016**

Enjoy the fresh summer air at Homecoming Park in Wauseon with the Wellness Committee and other Fulton County Walkers.

**LUNCH & LEARN** "MINDFULNESS" **AUGUST 18TH, 2016**

What does Mindfulness mean anyway? Don't let the title of this presentation scare you off! Learn about the many benefits of mindfulness that include stress-relief, focus, peace, compassion and so much more!

**ORGANIZED WALK** **HOMECOMING PARK** **SEPTEMBER 29TH, 2016**

Enjoy the late summer air at Homecoming Park in Wauseon with the Wellness Committee and other Fulton County Walkers.

**LUNCH & LEARN** "YOGA MYTH BUSTERS" **DECEMBER 1ST, 2016**

"I'm not flexible...it's too intense...it's only for women...it's just stretching, not exercise" and the list goes on. Yoga is a practice that ANYONE can do, and it can have immense health benefits. Attend this session to find out what yoga is all about, it might just change your life!

The Wellness Committee understands that not all employees are able to attend events, or are not CEBCO-enrolled. All Lunch & Learn videos are recorded. All employees have access to these videos. To receive Stay Well points credit for watching a video, employees need to fill out the appropriate form and turn it in to Laura Howell. The form is available for download on the Wellness intranet page under Lunch & Learns.

## OTHER INITIATIVES

- WAIST WATCHERS
- FUEL YOUR DAY-FRUIT, VEGGIE AND WATER DELIVERIES
- INCENTIVE DRAWING FOR FULTON COUNTY CEBCO-ENROLLED PARTICIPANTS WHO COMPLETE THE STAY WELL PROGRAM: 1ST (\$250), 2ND (\$150), 3RD (\$100)
- STALL TALK NEWSLETTERS
- INDOOR WALKING ROUTES