

Owl Be Well

Kennesaw State University Employee Well-being Newsletter

Employee Well-Being Spotlight

The Employee Well-being Spotlight is an opportunity to highlight your fellow colleague that strives to exhibit healthy well-being habits in their daily life. They lead by encouraging and inspiring others to improve their overall well-being whether it be in any dimension of wellness. Dimensions of wellness include physical, intellectual, emotional, social, spiritual, vocational, financial, and environmental.

Your Well-Being Team accepts spotlight nominations on a rolling basis for each month. Please email efc@kennesaw.edu to nominate someone today to be featured in our Employee Well-being Spotlight! All nominees selected will receive a well-being prize and you will receive a special prize also for nominating them.

Live wise, Live well.



breakfast | lunch | dinner | snacks

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Employee Assistance Program (EAP) ESPYR

The University System of Georgia has partnered with ESPYR to provide employees and their family members with a comprehensive Employee Assistance Program (EAP). Services are free and confidential.

Free webinar featured this month:

[April Webinar: Clear Your Clutter: A Comprehensive Guide](#)



Learn more. Your password is: **USGcares**
1-888-960-3305; Available 24/7; 365 days a year.

RECIPE OF THE MONTH - SZECHUAN CHICKEN STIR FRY

Prep Time: 5 mins, Cook time: 30 min, Total Time: 35 min

Ingredients

- non-stick Cooking spray
- 2 tsp. cornstarch
- 1 Tbsp. low-sodium soy sauce
- 1 tsp. jarred, minced garlic
- 1/4 tsp. red pepper flakes
- 1/4 tsp. ground ginger
- 16 oz. frozen, packaged stir-fry vegetables
- 1/4 cup low-sodium chicken broth
- 1 lb. boneless, skinless chicken breasts or tenderloins cut into 1-inch cubes
- 2 Tbsp. chopped, unsalted, unroasted peanuts
- 1 1/2 cups brown rice (cooked to package instructions)



Directions

Spray a medium skillet with cooking spray. In a medium skillet, toss chicken, corn starch, soy sauce, ginger, garlic and red pepper flakes. Cook chicken over medium-high heat for 5 minutes, until no longer pink. Add vegetables and broth to skillet, reduce heat to medium, cover and cook 20 minutes, stirring occasionally. Top with peanuts and serve over brown rice.

RECIPE BY: AMERICAN HEART ASSOCIATION



AT THE BATTERY ATLANTA

FREE for everyone. All ages welcome.

Come enjoy FREE Yoga (and parking), presented by Kaiser Permanente. On the plaza, Kaiser Permanente instructors will lead you, your friends, and family through poses and postures of yoga.

MONTH	DAY	TIME
February	18, 25	6:30 to 7:30 pm
March	4, 11, 18	6:30 to 7:30 pm
April	8, 15, 22	6:30 to 7:30 pm
May	6, 13, 20, 27	6:30 to 7:30 pm
June	3, 24	6:30 to 7:30 pm
July	1, 8, 15, 22, 29	6:30 to 7:30 pm
August	5, 12, 19, 26	6:30 to 7:30 pm
September	9, 16, 23, 30	6:30 to 7:30 pm
October	7, 14, 21, 28	6:30 to 7:30 pm

LOCATION: 800 Battery Ave., Atlanta, GA 30339

MORE INFO: batteryatl.com/yoga



UPCOMING WELL-BEING EVENTS

- [April Employee Assistance Program Watch N' Learn: The Power of Positive Self-Talk, Marietta Campus](#)
Date: April 16
Time: 12:00-1:00pm
- [Clear Your Clutter: A Comprehensive Guide](#)
Date: All of April
- [Money Monday: Asset Allocation-Keys to Diversification](#)
Date: April 29
Time: 2:00-3:00pm
- [Letting Your Emotions Interfere with Eating](#)
Date: All of May



[Click HERE](#) to view your Kaiser Permanente Healthy Living Catalog through June. Please note non- Kaiser members are able to pre-register for majority of classes FREE.

KSU Employee Fitness Center

Visit our website for the group fitness schedule:

employeewellness.kennesaw.edu

Email: efc@kennesaw.edu

Phone: (470) 578-6770



Swim Lessons

Work one-on-one with KSU Swim Instructors! Private swim lessons are available to all KSU Recreation Center members including faculty and staff.



Faculty/Staff:

1 Lesson - \$25

3 Lessons - \$60

6 Lessons - \$95

Contact Cheryl Cheryl Richardson, at bricha89@kennesaw.edu with questions regarding swim lessons.

For additional information, [please click here.](#)

Lessons Include:

- Basic Swim Lessons
- Technique Improvement
- Competitive Skills

Personalized Lessons based on:

- Your Schedule
- Your Goals
- Your Experience

EMPLOYEE WELL-BEING MARIETTA CAMPUS YOGA

Employee Well-being invites you to take part in a free class focusing on the many benefits that yoga has in promoting health & well-being. Sessions consists of a balanced practice of postures so that the entire body is exercised, the mind is relaxed, and the spirit refreshed. **Please bring your own yoga mat. If you do not have one, reply in the comments section upon signup so we may assist you.** All levels are welcome.

Days: Tuesdays and Wednesdays

Time: 12:30-1:20pm

We encourage you to sign-up in advance since space is limited. We look forward to seeing you on the mat!



To sign up Click Here: <https://www.signupgenius.com/go/409054fa8a923abf85-marietta>