

# OWL BE WELL

## Kennesaw State University Employee Well-being Newsletter



*Live Wise, Live Well*

### Table of Content

*Page 2: Kepro- Employee Assistance Program*

*Page 2: Recipe of the month*

*Page 3: KP free yoga at Battery*

*Page 3: SRAC special memberships*

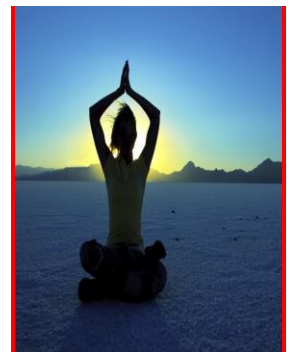
*Page 3: KP 5k Run*

*Page 4: EFC Group Fitness Schedule*

### Free Marietta Yoga Classes

Tuesday: Chair Yoga 12:00pm-12:30 pm  
Click [here](#) to sign up.

Mat Yoga 12:40pm-1:30pm  
Click [here](#) to sign up



Coming to Kennesaw State University, a lifestyle change program offered through the CDC. This evidence-based National Diabetes Prevention Program (DPP) Through the program, you can lower your risk of developing type 2 diabetes by as much as 58% (71% if you're over the age of 60). Highlights include:

- Working with a trained coach to make realistic, lasting lifestyle changes.
- Discovering how to eat healthy and add more physical activity into your day.
- Finding out how to manage stress, stay motivated, and solve problems that can slow your progress.
- Getting support from people with similar goals and challenges..

If you are interested in learning more about the program, information sessions to be held:

August 20-Kennesaw Campus, Kennesaw Hall 1203

August 21-Marietta Campus, Wilson Student Center A216

The information session is your opportunity to learn about the history and structure of DPP, the criteria for eligibility, and what is expected from you as a DPP participant. The presentation will take about 30 minutes, leaving about 10 -15 minutes for Q & A.

For questions about eligibility or enrollment, please contact your well-being team at 470.578.5535.



844.243.4440

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

[Learn more.](#) Your password is: **USGcares**      **1-844-243-4440**; Available 24/7; 365 days a year

#### **Counseling and Well-being:**

- Up to 4 sessions, per counseling issue
- Telephonic Counseling
- 24/7/365 Toll-free access to licensed clinical caring professionals

**Work/Life Balance:** Financial Consultation, Legal Consultation

#### **Resources & Referrals for:**

- Child Care, Elder Care, Special Needs, Daily Living and Concierge, Academic, Adoption, Management Consultation, Pet Services, Relocation

### RECEIPE OF THE MONTH

- 4 ears of corn
- 3 tbsp mayonnaise (olive oil based for an extra punch of unsaturated fats!)
- 2 tbsp plain Greek yogurt
- 1 tbsp lime juice
- 1/4 tsp garlic powder
- 1/8 tsp chili powder + extra for sprinkling
- small block of Cotija cheese (or queso fresco)
- cilantro, chopped (~1/4 cup)

#### Instructions:

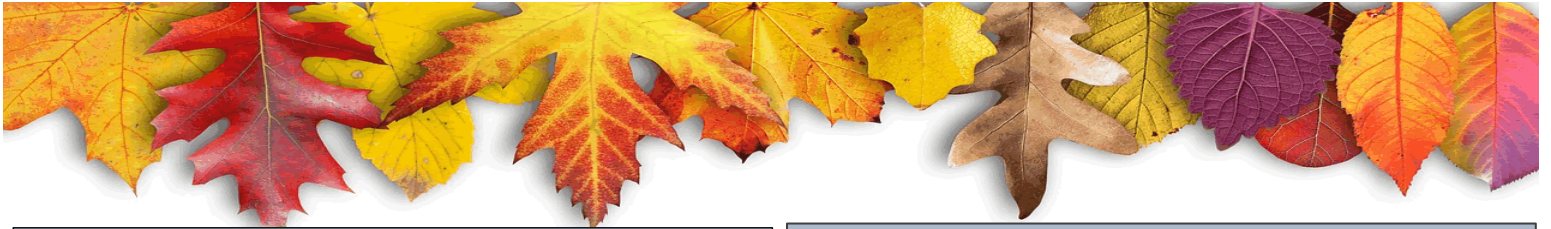
Stir together mayonnaise, Greek yogurt, lime juice, garlic powder, and 1/4 tsp chili powder in a small bowl.

Brush olive oil on each ear of corn (add salt and pepper if desired). Grill corn on preheated grill, rotating corn until all sides have many brown kernels.

When the corn is done, liberally add sauce on top of the corn, sprinkle crumbled Cotija cheese, chopped cilantro and chili powder. Enjoy!

To enjoy off of the cob, cut corn off of cob after grilling, then add sauce, sprinkle with toppings, and enjoy!





**Mark Your Calendar & Grab a co-worker to represent Kennesaw State University with Team University System of Georgia at Kp 5k!**

**Who:** KSU employees, retirees & family - Will pay a subsidized cost of \$12. Family members can participate at a personal expense of \$32 per person if registered by 11:59pm August 22.\*Late registration (as of 11:59 on August 23).

**What:** 5k (3.1 mile) Run, Walk and Roll

**Where:** Georgia World Congress Center - Building C  
285 Andrew Young International Blvd NW Atlanta, GA US 30313

**When:** Wednesday, September 11 at 7:00 pm

To register, click on the link [here!](#)

Step 1: Click on Join

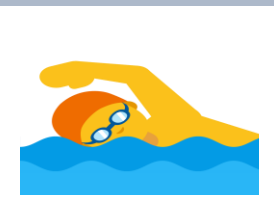
Step 2: Register

Team Code: #USG2019

Step 3: Complete form

Do NOT purchase a \$12 post-race box dinner from Jason's Deli. After the 5K, Team USG will provide you with a dinner at our team tent.

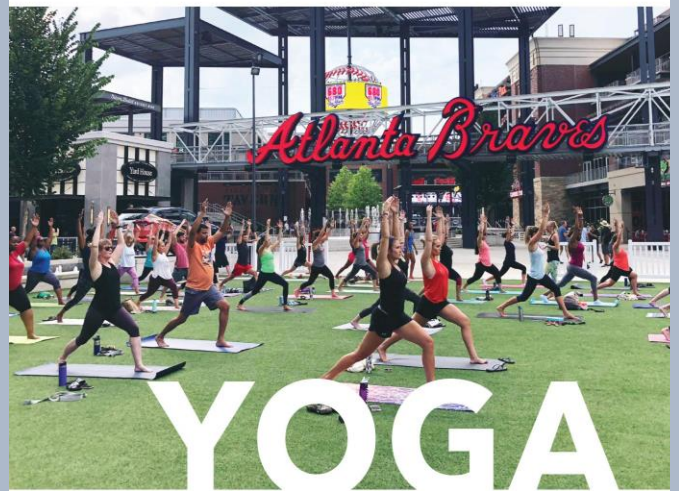
**POOL and Morning MEMBERSHIP**



Sports and Recreation is now offering **Pool Only** and **Morning Membership** options. This is available to any student, faculty, staff, alumni, retiree or affiliate of one of our members.

POOL ONLY	OUTDOOR ADVENTURES	MORNING MEMBERSHIP
\$10.00 per month <small>(Access to the SRAC and RWC Pools)</small>	\$40.00 per semester	\$20.00 per month <small>(SRAC and RWC access)</small>
<small>Access to the pools is included in all other memberships. Pool Only membership is for those patrons who are only interested in utilizing the pool during each visit.</small>	<small>This membership provides access to Nature Bound Trips, the KSU Bike Shop, Outdoor Gear Rentals as well as access to the Climbing Gym.</small>	<small>Valid 6 am-11:30 a.m. Mon.-Fri. and all day Sat. and Sun. This membership is available to all eligible members.</small>

The pool Only membership provides access to the Student Recreation and Activities Center Indoor and Outdoor Pool as well as the Indoor Pool at the Recreation and Wellness Center. The morning membership is valid 6am-11:30am Monday-Friday and during operating hours on Saturday and Sunday. For more information, please visit the [website](#).



**YOGA**  
**AT THE BATTERY ATLANTA**

FREE for everyone. All ages welcome.

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](http://batteryatl.com/yoga)





# 2019 Group Fitness Schedule

Effective Monday, July 8<sup>th</sup> 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am-7:15am		<b>STRONG by Zumba®</b> <i>Ché</i>	<b>Circuit</b> <i>Kyle</i>		
12:30 pm-1:30pm	<b>Yoga (all levels)</b> <i>Deborah</i>	<b>Tai Chi</b> 12:15-1:00 pm <i>Alan</i>			<b>Strength &amp; Balance</b> Staff
4:30 pm-5:20 pm				<b>Yoga (all levels)</b> <i>Deborah</i>	
5:15pm-6:05pm			<b>Zumba®</b> <i>Cindy</i>		<b>Zumba®</b> <i>Ché</i>
5:30pm-6:30pm	<b>Strength &amp; Stamina</b> <i>Karen</i>	<b>Cardio Kickboxing</b> <i>Karen</i>		<b>Cycling</b> <i>Mellanie</i>	

Class Key: **CARDIO & STRENGTH** • **DANCE** • **CYCLING** • **MIND & BODY**

NOTE: THIS SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME. PLEASE CHECK OUR WEBSITE FOR THE MOST UPDATED SCHEDULE.



**Contact the Employee Fitness Center (EFC)**

efc@kennesaw.edu • 470) 578-6770 • [employeewellness.kennesaw.edu](http://employeewellness.kennesaw.edu)