

# Owl Be Well

## Kennesaw State University Employee Well-being Newsletter



### Live wise, Live well.

### Employee Well-Being Spotlight



The Employee Well-being Spotlight is an opportunity to highlight your fellow colleague that exhibits 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](mailto:efc@kennesaw.edu) to nominate someone today to be featured in our Employee Well-being Spotlight! We will then contact selected nominees and ask them a series of questions that will highlight their achievement to find out what well-being means to them. We will then feature them in your well-being newsletter to give them the recognition that they deserve.

All nominees selected will receive a well-being prize and you will receive a special prize also for nominating them. We hope you will take time to nominate one of your fellow KSU coworkers to help celebrate their well-being accomplishment!

*Have a Healthy, Safe, and Happy Holidays!*

**1**

**RECIPE OF THE MONTH**

Check out a delicious winter recipe on page 2!

**2**

**TAI CHI AND QIGONG**

Free Holiday Stress Management on Marietta Campus!

**3**

**GROUP FITNESS**

Check out our new schedule! [employeewellness.kennesaw.edu](http://employeewellness.kennesaw.edu)

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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:  
Mindfulness in the Workplace

[Learn more.](#) Your password is: **USGCares**  
**1-888-960-3305**; Available 24/7; 365 days a year.

### RECIPE OF THE MONTH - CARAMEL APPLE GRAPES

"Caramel Apple Grapes are the perfect snack! A little treat that tastes like caramel apple in every bite.

Prep Time: 20 mins, Total Time: 20 mins

#### Ingredients

- handful of seedless green grapes
- toothpicks
- 1 cup caramel bits
- 2 tablespoons heavy cream
- 1 cup salted peanuts or cashews , crushed finely

#### Directions

1. Poke toothpicks into your grapes; set aside.
2. In a small pot, over medium-low heat, combine the caramel bits and cream. Stir until melted. Reduce heat to lowest setting just to keep warm.
3. Make sure your grapes are completely dry or the caramel won't stick to them. Dip the grapes into the caramel sauce and then into the crushed nuts. Place on a plate to set. Repeat until all the grapes are used.
4. Recipe Notes: Don't like nuts? No problem. Dip them in crushed up toffee bits, cookies, or graham crackers instead!



RECIPE BY: [BellyFull.net](http://BellyFull.net)



## Winter Break Closure 2018-2019

Attention all KSU Employees with a valid KSU ID:

What are your fitness and well-being plans for the winter break? Your Kennesaw State University Employee Fitness Center will be closing at 5:00pm December 21st-30th & January 1st, 2019, with limited open hours on December 31st. We will reopen on January 2nd, 2019, at 6:00am.

During our closure, KSU Employees have complimentary access to each of the local YMCA's listed below. Make sure you bring your KSU ID & fill out a waiver with YMCA Staff!

### YMCA LOCATIONS

#### Northwest Cobb

1700 Dennis Kemp Ln. Kennesaw, GA 30152  
Phone: (770) 423-9622

#### McCleskey-East Cobb

1055 East Piedmont Rd. NE Marietta, GA 30062  
Phone: (770) 977-5991

#### Northeast Cobb

3010 Johnson Ferry Rd. Marietta, GA 30062  
Phone: (678) 569-9622

## FIND YOUR BALANCE: HOLIDAY STRESS MANAGEMENT, MARIETTA CAMPUS



Tai Chi and Qigong Movements with Alan Lebish

**Time:** 12:00 pm or 12:30 pm

**Date:** Thursday, December 6th

**Location:** Marietta Campus J.M. Wilson Student Center Ballroom A  
Participate in gentle and graceful exercises based on an age-old Chinese internal martial art called Tai Chi Chuan, emphasizing simple and relaxing movements particularly effective for stress relief. We encourage you to sign-up in advance since space may be limited. [Click here to register.](#)

Finding Your Balance Watch N' Learn & ESPYR Demo with Dessi

**Time:** 12:00 pm

**Date:** Monday, December 10th

**Location:** Marietta Campus J.M. Wilson Student Center - Room A216

In this Webinar, you'll learn a framework and tips for bringing more balance into your life so you can reduce stress and increase vitality, satisfaction and fulfillment. This session will provide a short demo on how to utilize your ESPYR Employee Assistance Program (EAP) resource.

# Employee Fitness Center Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>6:00-6:45am</b>	<b>Circuit</b> <i>Staff</i>			<b>Circuit</b> <i>Staff</i>	
<b>11:30am-12:20pm</b>	<b>Yoga (all levels)</b> <i>Deborah</i>				<b>Barre</b> <i>Staff</i>
<b>12:30-1:30pm</b>		<b>Circuit</b> <i>Staff</i>	<b>Yoga (all levels)</b> <i>Deborah</i>		<b>Yoga</b> <i>Staff</i>
<b>4:30-5:20pm</b>	<b>Owl Sculpt</b> <i>Karen</i>	<b>Barre</b> <i>Amia</i>	<b>Circuit</b> 4:30-5:15pm <i>Staff</i>	<b>Yoga (all levels)</b> <i>Deborah</i>	<b>Circuit</b> <i>Staff</i>
<b>5:30-6:30pm</b>	<b>Strength &amp; Stamina</b> <i>Jennie</i>	<b>Cycling</b> <i>Jennie</i>	<b>Zumba</b> 5:30-6:20pm <i>Cindy</i>	<b>Cardio Kickboxing</b> <i>Karen</i>	

**KSU Employee Fitness Center: [efc@kennesaw.edu](mailto:efc@kennesaw.edu) Phone: (470) 578-6770**  
**Visit our website for the modified holiday schedule: [employeewellness.kennesaw.edu](http://employeewellness.kennesaw.edu)**

## 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. 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!

**Click here to sign up** or visit our website [employeewellness.kennesaw.edu/programs.php](http://employeewellness.kennesaw.edu/programs.php)

