

# Owl Be Well

## Kennesaw State University Employee Well-being Newsletter

### Join the USG's Online Well-being Keep America Active Challenge



Register  
Now-  
February  
24th

#### Kick-off Info Meetings

**MARIETTA CAMPUS:** J.M. WILSON STUDENT CENTER BALLROOM ROOM A

THURSDAY, FEBRUARY 14 12:00-1:00 PM

**KENNESAW CAMPUS:** STURGIS LIBRARY ROOM #101

THURSDAY, FEBRUARY 21, 12:30-1:30 PM

\*As your work schedule permits

**Who:** Benefits eligible KSU employees are able to compete.

**What:** Keep America Active 8-week Online or App Well-Being Challenge

**Where:** Virtually travel individually or with a team (optional) throughout the United State visiting sites.

**When:** Challenge is 56 days long: Monday, February 11, 2019 - Sunday, April 7, 2019

**Why:** To have fun virtually traveling the U.S. with fellow KSU employees and learn - while improving mood, stress, and energy level. Track steps or minutes of activity, sleep and produce to gain virtual miles.

*Live wise. Live well.*

#### Table of Contents



Page 2: **ESPYR**



Page 2: **Recipe of the Month**



Page 3: **KP Health Programs**



Page 3: **EFC Heart Health Month**



Page 4: **EFC Group Exercise**



Page 4: **Marietta Yoga**

## 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:**  
[February Webinar: Tax Savings Strategies](#)



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

### RECIPE OF THE MONTH - BLACK BEAN SOUP

Prep Time: 5 mins, Cook time: 15 min, Total Time: 20 min

#### Ingredients

- nonstick Cooking spray
- 1 medium onion (diced)
- 1 Tbsp garlic (jarred, minced)
- 2 tsp ground cumin
- 1 jalapeño (chopped)
- 2 16- oz canned, low-sodium black beans (undrained)
- 1 15- oz canned, no-salt-added, diced tomatoes (undrained)
- 1 cup low-sodium chicken broth
- chopped, fresh cilantro (optional)

#### Directions

- Spray large pot with cooking spray, over medium-high heat add onion and cook until translucent (5 minutes).
- Add garlic, cumin and jalapeño and cook 1 minute more.
- Add beans to pot and lightly mash with a potato masher or fork.
- Add tomatoes and broth – bring to a boil and reduce to medium heat, cover and simmer for 15 minutes.
- Serve topped with chopped fresh cilantro (optional).



RECIPE BY: AMERICAN HEART ASSOCIATION



### Kaiser Permanente Onsite Health Coaching Interest Meeting Kick-off-Marietta Campus

Date: Tuesday, March 5th 12:30 - 1:30pm  
Location: J.M. Wilson Student Center Room A214

<https://www.signupgenius.com/go/409054-fa8a923abf85-kaiser1>

\*Participation open to non-Kaiser members to participate

### KP Healthy Living Programs 2019

Click here to view and remember Non-KP members are welcome to participate in most programs for FREE if they sign up in advance. Visit the Wellness Education and Resources tab at <https://employeewellness.kennesaw.edu> for more information.

### UPCOMING FEBRUARY WELL-BEING EVENTS

- [Heart Month Webinar: Salt, Sugar, Fat](#)  
Date: February 13th  
Time: 11:30am-12:30pm
- [Money Mondays: Identify and Prioritize Your Savings Goals](#)  
Date: February 25  
Time: 2:00-3:00pm
- [Well-being Wednesday: Healthy Eating Habits](#)  
Date: March 13  
Time: 12:00 pm-1:00 pm



## Kick-off Heart Health Month at your Employee Fitness Center



### ONE WEEK FREE ACCESS FEB. 18TH-22ND

Join us for giveaways and heart health education!  
Location: Kennesaw Campus Employee Fitness Center -3333 Busbee Drive, KSU Center Suite 475

For more information: email [efc@kennesaw.edu](mailto:efc@kennesaw.edu) or call (470) 578- 6770



# Employee Fitness Center Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00-6:45am	<b>Circuit</b> Staff			<b>Circuit</b> Staff	
12:30-1:30pm	<b>Yoga (all levels)</b> Deborah		<b>Yoga (all levels)</b> Deborah		<b>Yoga</b> Melanie
4:30-5:20pm	<b>Owl Sculpt</b> Karen	<b>Pump N' Go 45</b> 4:30-5:15pm Staff	<b>Step and Strength</b> 4:00-4:50pm Karen	<b>Yoga (all levels)</b> Deborah	<b>Circuit</b> Staff
5:30-6:30pm	<b>Strength &amp; Stamina</b> Jennie	<b>Cycling</b> Jennie	<b>Zumba</b> 5:00-5:50pm Cindy	<b>Cardio Kickboxing</b> Karen	<b>get healthy!</b> <b>owls!</b>

**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. **Please bring your own yoga mat. If you do not have one, reply in the comments section upon sign-up 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!

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

