

# Owl Be Well

## Kennesaw State University Employee Well-being Newsletter

### Employee Well-Being Spotlight

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#### Susanne's Strongest Dimension of Wellness

"My strongest dimension of well-being is physical fitness. Exercising brightens my body, mind, and spirit. It is something my body actually craves, perhaps because this has been part of my lifestyle for my entire life."



**SUSANNE ROTHERY**

Dept. of Geography and Anthropology

#### Susanne's Biggest Barrier to Her Health Journey

"My only barrier is when the weather does not cooperate during the day and I am unable to get outside and walk during my lunch hour. It has been proven that sitting at a desk is the new smoking."

#### Susanne's Motivation for Prioritizing Health & Wellness

"I have a 90 year-old father-in-law who still plays tennis 3 times a week. He is also a published writer and marine artist. He is living a long healthy life due to maintaining a balance between eating right and exercise. I would like to be around when my children have children and be able to be an active grandparent or great grandparent."

#### Susanne's Fitness for all Seasons

"I play ALTA tennis during all seasons, though I must say, winter mixed doubles is the worst due to weather. I love summer and early fall because my family loves water skiing. My husband and I actually moved here 26 years ago to join the Atlanta Water Ski Club."

*Live wise, Live well. Have a Happy New Year!*

Please email [efc@kennesaw.edu](mailto: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.

## 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:**

[Do Your Bucket List: 7 Ways to Up Your Focus on Things that Matter](#)



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

### RECIPE OF THE MONTH - EGGPLANT PARMESAN

Prep Time: 25 mins, Cook time: 35 min, Total Time: 1 hr

#### Ingredients

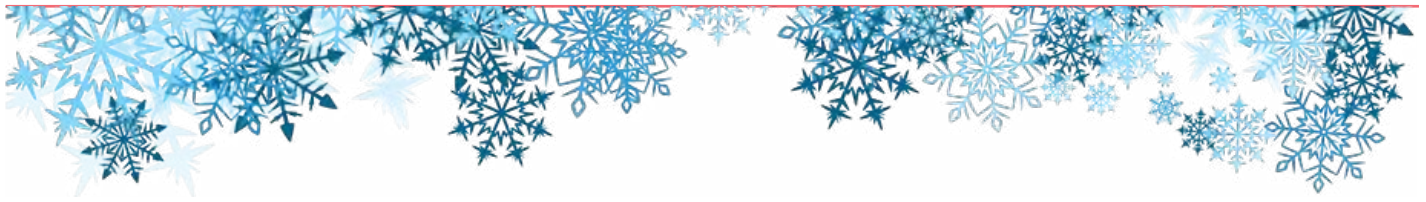
- 3 eggplant, peeled and thinly sliced
- 2 eggs, beaten
- 4 cups Italian seasoned bread crumbs
- 6 cups spaghetti sauce, divided
- 1 (16 ounce) package mozzarella cheese, shredded and divided
- 1/2 cup grated Parmesan cheese, divided
- 1/2 teaspoon dried basil

#### Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Dip eggplant slices in egg, then in bread crumbs. Place in a single layer on a baking sheet.
3. Bake in preheated oven for 5 minutes on each side.
4. In a 9x13 inch baking dish spread spaghetti sauce to cover the bottom.
5. Place a layer of eggplant slices in the sauce. Sprinkle with mozzarella and Parmesan cheeses.
6. Repeat with remaining ingredients, ending with the cheeses. Sprinkle basil on top.
7. Bake in preheated oven for 35 minutes, or until golden brown.



RECIPE BY: [ALLRECIPES.COM](http://ALLRECIPES.COM)



## Healthy Living Programs 2019

We have published Kaiser Permanente's 2019 Healthy Living Programs Guide on our website. 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.

## MLK Day EFC Closure

In observance of the University Holiday, your **EFC will be closed Monday, January 21<sup>st</sup>** and reopen regular hours on Tuesday, January 22<sup>nd</sup>.



## 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



## FIND YOUR BALANCE: EMPLOYEE ASSISTANCE PROGRAM WATCH N' LEARN



### [8 Secrets To Smooth Out the Ride of your Overcommitted Life](#)

**Time:** 12:00pm - 1:00pm

**Date:** Tuesday, January 15th

**Location:** Clendenin Building room 1009, Kennesaw Campus

Archived Webinar can still be viewed on the ESPYR Website [here](#).  
For directions on logging in to ESPYR, please refer to page 2.

With all of the demands placed on us and all of the roles we play, it's challenging to find balance. 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>12:30-1:30pm</b>	<b>Yoga (all levels)</b> <i>Deborah</i>		<b>Yoga (all levels)</b> <i>Deborah</i>		<b>Yoga</b> <i>Melanie</i>
<b>4:30-5:20pm</b>	<b>Owl Sculpt</b> <i>Karen</i>	<b>Pump N' Go 45</b> <i>4:30-5:15pm</i> <i>Staff</i>	<b>Step and Strength</b> <i>4:00-4:50pm</i> <i>Karen</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> <i>5:00-5:50pm</i> <i>Cindy</i>	<b>Cardio Kickboxing</b> <i>Karen</i>	<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)

