

# OWL BE WELL

## Kennesaw State University Employee Well-being Newsletter



*Live Wise, Live Well*

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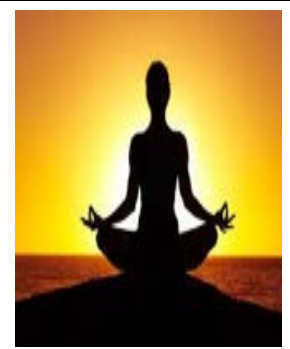
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### Free Marietta Yoga Classes

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

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



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.

\*For questions please e-mail the Team Captain Dessi Tzankova [dtzankov@kennesaw.edu](mailto:dtzankov@kennesaw.edu)





University System of Georgia Benefits



we provide · you decide

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

## RECIPE OF THE MONTH

Serves 2

### Ingredients

- 1 avocado halved and pitted
- 1 4.5 oz can tuna, drained
- ¼ cup diced red bell pepper
- 1 tablespoons minced jalapeno
- 1/4 cup cilantro leaves roughly chopped
- 1 tablespoon lime juice
- salt and pepper to taste

### Nutrition

Calories: 225kcal | Carbohydrates: 10g | Protein: 14g |  
 Fat: 15g | Saturated Fat: 2g | Cholesterol: 22mg |  
 Sodium: 166mg | Potassium: 659mg | Fiber: 7g |  
 Sugar: 1g | Vitamin A: 19.6% | Vitamin C: 55.2% |  
 Calcium: 2.3% | Iron: 8.8%



**Instructions:** \*Scoop out some of the avocado from the pitted area to widen the "bowl" area.  
 \*Place the scooped avocado into a medium-size mixing bowl. Mash it with a fork.  
 \*Add the tuna, bell pepper, jalapeno, and cilantro to the mixing bowl.  
 \*Pour lime juice over. Stir it all together until everything is well mixed.  
 \*Scoop the tuna into the avocado bowls. Season with salt and pepper.

[Click here for recipe](#)



Kennesaw State University will be offering the Diabetes Prevention Program (DPP) developed by the Centers for Disease Control and Prevention this Fall. This one-year, small group program teaches you how to eat healthy, increase physical activity & manage your stress in order to prevent or delay type 2 diabetes.

**Information Sessions will be held:**

July 31st 12:00 pm - 1:00 pm Kennesaw Campus , Clendenin Rm 1009

August 1st 4:30 pm - 5:30 pm Marietta Campus, Wilson Student Ctr A214

For more information contact: Your Employee Well-being team at 470-578-5535

***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 (Access to the SRAC and RWC Pools)	\$40.00 per semester	\$20.00 per month (SRAC and RWC access)
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.	This membership provides access to Nature Bound Trips, the KSU Bike Shop, Outdoor Gear Rentals as well as access to the Climbing Gym.	Valid 6 am-11:30 a.m. Mon-Fri, and all day Sat. and Sun. This membership is available to all eligible members.

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](#).

**KAISER PERMANENTE.**

**Atlanta Braves**

**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)