VOL. 1 - ISSUE 5

MARCH 2019

Owl Be Well

Kennesaw State University Employee Well-being Newsletter

Join Team: Kennesaw State University

TourdeCure is fun, meaningful and most importantly, it is all for a great cause – raising funds in support of the nearly **30** million Americans living with diabetes and their families through research, edu-

cation and advocacy.

Saturday, April 27, 2019 at Stone Mountain Park

There will be 6 route choices for all levels of walkers, runners and cyclist including:

5k run/walk, 5, 15, 35, and 65 mile routes!

Finish line festival with live entertainment and much more!

Register at www.diabetes.org/tourdecureatlanta

Team: Kennesaw State University

Team Captain: Dessi Beagle dtzankov@kennesaw.edu

Registration is free for walkers/runners and \$20 for cyclists until March 31st.

Tour de Cure is an event where thousands of people across the U.S. walk, run or ride bikes to stop diabetes.

Supported by contributions from thousands more, Tour de Cure participants ride for the nearly 30 million people living with diabetes, and the 86 million more Americans currently at risk.

American Diabetes Association.

Live wise. Live well.

Table of Contents



Page 2: ESPYR -Employee Assistance Program



Page 2: Recipe of the Month



Page 3: Free KP Health Programs



Page 3: Free Yoga at The Battery



Page 4: EFC Group Exercise



MARCH 2019



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: March Webinar: Resilience in Times of Change



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

RECIPE OF THE MONTH – SIMPLE PERSIAN SALAD

Prep Time: 5 mins, Refrigerate: 20 min, Total Time: 25 min

Serve this tasty salad from the Middle East featuring cucumbers, onions, herbs, feta cheese and citrus fruit! Servings: 4

Ingredients

2 cucumbers (seeded, diced)
4 medium tomatoes (diced)
1 medium red onion (diced)
2 Tbsp. fat-free feta cheese (crumbled)
1/4 cup chopped, fresh mint or parsley OR 1/2 tsp. mint or parsley
2 limes (juiced)
1 Tbsp. extra virgin olive oil
1/2 tsp. black pepper

Directions

- 1. Mix cucumber, tomatoes, onion, feta and herbs in a bowl and refrigerate for 20 minutes.
- 2. In a small bowl, combine lime juice, oil and pepper whisk well.
- 3. Pour over vegetable mixture and serve.

Recipe By: American Heart Association

2





KP 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 Sign up here: <u>https://www.signupgenius.com/go/</u> <u>409054fa8a923abf85-kaiser1</u>

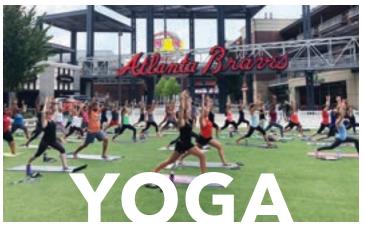
*Participation open to non-Kaiser members to participate

KP Healthy Living Programs 2019

Visit the Wellness Education and Resources tab at <u>https://employeewellness.kennesaw.edu</u> for more information.

- Well-being Wednesday: Healthy Eating Habits
 Date: March 13
 Time: 12:00 pm-1:00 pm
- For Leaders & Managers: Handling Harassment Date: March 13 Time: 12:00pm-1:00pm
- Preventing Employee Harassment
 Date: March 20
 Time: 12:00-1:00pm & 3:00pm-4:00pm
- Money Monday: Foundations of Investing Date: March 25 Time: 12:00pm-1:00pm

Well-being Wednesdays and Money Mondays are eligible for USG's well-being credit.



AT THE BATTERY ATLANTA

FREE for everyone. All ages welcome.

Come enjoy FREE Yoga (and parking), presented by Kaiser Permanente. On the plaza, Kaiser Permanente instructors will lead you, your friends, and family through poses and postures of yoga.

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





Employee Fitness Center Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00-6:45am	Circuit Staff			Circuit Staff	
12:30-1:30pm	Yoga (all levels) Deborah		Yoga (all levels) Deborah		Yoga Melanie
4:30-5:20pm	Owi Scuipt Karen	Pump N' Go 45 4:30-5:15pm Staff	Step and Strength 4:00-4:50pm Karen	Yoga (all levels) Deborah	Circuit Staff
5:30-6:30pm	Strength & Stamina Jennie	Cycling Jennie	Zumba 5:00-5:50pm Cindy	Cardio Kickboxing Karen	

KSU Employee Fitness Center: efc@kennesaw.edu Phone: (470) 578-6770 Visit our website for the modified holiday schedule: <u>employeewell-</u> <u>ness.kennesaw.edu</u>

EMPLOYEE WELL-BEING MARIETTA CAMPUS YOGA

<u>Click here to sign up</u> or visit our website employeewellness.kennesaw.edu/programs.php

Days: Tuesdays and Wednesdays Time: 12:30-1:20pm





breakfast | lunch | dinner | snacks





for an ongoing 15% off meal plans Valid for XSU employees only