

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, education 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.



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



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:
[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](#)



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: <https://www.signupgenius.com/go/409054fa8a923abf85-kaiser1>
 *Participation open to non-Kaiser members to participate

KP Healthy Living Programs 2019

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

UPCOMING USG MARCH WEBINARS

- [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 | Owl Sculpt 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 | get healthy! owls! |

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

EMPLOYEE WELL-BEING MARIETTA CAMPUS YOGA

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

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



breakfast | lunch | dinner | snacks

**HEALTHY
MEALS
DELIVERED** *Fresh*

Order online at
goodmeasuremeals.com

use promo code
KSU15
 for an ongoing 15% off meal plans
Valid for KSU employees only