

OWL BE WELL

KENNESAW STATE UNIVERSITY EMPLOYEE WELL-BEING NEWSLETTER

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020



Celebrated each year during the month of March, National Nutrition Month focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In March, for National Nutrition Month, your Employee Well-being Team will have an Instant Pot Cooking Demo on Kennesaw Campus and a Plant-Based Eating Workshop on Marietta Campus.

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EFC INFORMATION

Plant-based Eating Workshop

Date: March 25, 2020
Time: 12:00 - 1:00pm
Location: Wilson Student Center 201 Ballroom A



INSTANT POT DEMO: ENJOY THE LENTIL THINGS IN LIFE

**FRIDAY, MARCH 27TH
12PM-1PM
KENNESAW CAMPUS: ROOM TBD**

[Click here](#) to sign up for the plant-based eating workshop.

[Click here](#) to sign up for the cooking demo.

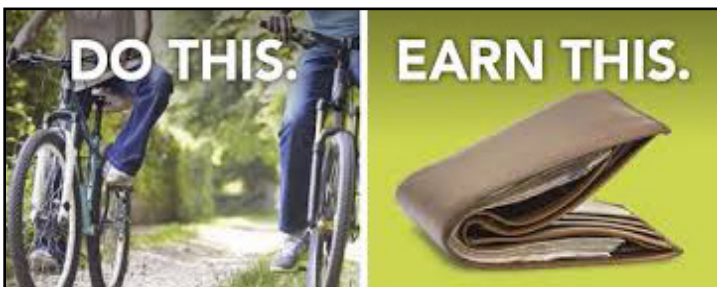
USG Online Well-being Portal Open Lab

Join your Employee Well-being team as they provide online portal assistance to questions you may have. The USG Well-being Portal provides you with tools to incorporate healthy habits into your life.

Each open lab is from 11:30am to 1:30pm.

M-Campus: 3/18 in Q Building Room 303

K-Campus: 3/27 in English Building Room
EB126



March USG Well-being Wednesday

Topic: How to Get the Most out of Your
Healthcare Plan

Date: March 11, 2020

Time: 1:00pm

March USG Money Monday

Topic: Budgeting, Credit, Understanding &
Managing Debt

Date: March 30, 2020

Time: 12:00pm

[Click here](#) to sign up for the Well-being
Wednesday and Money Monday!



**THE UNIVERSITY SYSTEM OF GEORGIA HAS PARTNERED WITH KEPRO TO
PROVIDE EMPLOYEES AND THEIR FAMILY MEMBERS WITH A COMPREHENSIVE
EMPLOYEE ASSISTANCE PROGRAM. SERVICES ARE FREE AND CONFIDENTIAL.**

[CLICK HERE](#) FOR INFORMATION TO ACCESS SERVICES.

YOUR PASSWORD IS: **USGCARES**

1-844-243-4440; AVAILABLE 24/7; 365 DAYS A YEAR

UP TO 4 SESSIONS, PER COUNSELING ISSUE

RESOURCES AND REFERRALS AVIALABLE FOR:
CHILD CARE, SPECIAL NEEDS, ACADEMIC, ADOPTION, ETC.

Benefits of Stretch Workshop

LED BY EFC STAFF, THIS ACTIVE PARTICIPATION WORKSHOP WILL TEACH YOU HOW TO EFFECTIVELY STRETCH BEFORE AND AFTER YOUR WORKOUT TO ENHANCE FITNESS AND PREVENT INJURY. THIS WORKSHOP IS AVAILABLE TO ALL KSU EMPLOYEES. THE NEXT WORKSHOP IS ON MARCH 18 AT 12:30PM.



Marietta Campus March Yoga & Stretch and Relax

Time: 12:30-1:20

Tuesdays - Intermediate Yoga

Wednesdays - Stretch & Relax

Design Building 1

Jury Room 111



FOR INTERMEDIATE YOGA, [CLICK HERE](#) TO SIGN UP.
FOR STRETCH & RELAX, [CLICK HERE](#) TO SIGN UP.

Mindfulness Mondays

YOUR EMPLOYEE WELL-BEING TEAM WILL BE HOLDING TWO MINDFULNESS MONDAYS IN MARCH, ONE ON EACH CAMPUS! JOIN US TO LEARN AND PRACTICE SIMPLE MINDFULNESS TECHNIQUES AND STRESS MANAGEMENT SKILLS TO INCORPORATE INTO YOUR DAILY ROUTINE. DROP IN AS YOUR SCHEDULE PERMITS BETWEEN 12:00PM AND 1:30PM.

MARIETTA CAMPUS:

MARCH 16TH

DESIGN BUILDING 1 JURY ROOM 111

KENNESAW CAMPUS:

MARCH 9TH

KENNESAW HALL CLASSROOM KHE1103

INTERESTED IN BECOMING A MEMBER OF YOUR EMPLOYEE FITNESS CENTER?

CONTACT US AT EFC@KENNESAW.EDU OR 470-578-6770 TO LEARN HOW YOU CAN
JOIN THE EFC!

[HOURS & LOCATION](#)

[HTTPS://EMPLOYEEWELLNESS.KENNESAW.EDU](https://employeehealth.kennesaw.edu)

[GROUP FITNESS SCHEDULE](#)

FOLLOW US ON SOCIAL MEDIA!



[INSTAGRAM](#)



[FACEBOOK](#)

The poster features a black background with orange and white text. At the top left is the ActivTrax logo. The main title 'EFC MARCH MADNESS ACTIVTRAX CHALLENGE' is in large, bold, orange letters. Below it, the dates 'March 9th - April 6th' are in orange. A list of activities to earn points is in white. The bottom right corner has the Kennesaw State University logo and 'HUMAN RESOURCES Employee Fitness Center'.

ActivTrax WHO WILL WIN THE CHAMPIONSHIP?

**EFC MARCH
MADNESS
ACTIVTRAX
CHALLENGE**

March 9th - April 6th

Earn points for:
ActivTrax Workout
Cardio Workout
Strength Test
Co-Worker Referrals

 **KENNESAW STATE
UNIVERSITY**
HUMAN RESOURCES
Employee Fitness Center

**THE NEXT ACTIVTRAX FITNESS CHALLENGE AT THE EMPLOYEE
FITNESS CENTER BEGINS ON MARCH 9TH! YOU CAN EARN POINTS
THROUGH COMPLETING ACTIVTRAX WORKOUTS, CARDIO WORKOUTS,
STRENGTH TEST, AND CO-WORKER REFERRALS!**