

OWL BE WELL

Kennesaw State University Well-being Newsletter

Well-being Champion Spotlight: Stefanie Green



KSU offers well-being opportunities, such as step challenges, mindfulness breaks, cooking demos, and student coaching. This month, we shine the spotlight on one of our well-being champions, Stefanie Green!

Stefanie Green is the Business Operations Manager for the Museum, Archives, and Rare Books department. She got involved with the Owl Well-being Champion Network because, “It felt like a good way to stay committed to my own health and help my colleagues reach their goals.” She enjoys the opportunity of being a well-being champion because she is able to stay on top of current information and set an example of support and activity for her two daughters.

The last two summers, Stefanie and her co-workers have competed in a summer fitness challenge. “[The challenge] reveals our competitiveness but brings us together for a common goal. The challenge gives us a level of accountability, which helps when it comes to exercise,” Stefanie said. One thing you may not know about Stefanie is that one of her past professions was as a pastry chef, “which my colleagues have really come to appreciate!” she said.

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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.

Your Password is **USGcares**. Click [here](#) for more information.

Counseling and Well-Being — Up to 4 sessions; Telephone Counseling

Work/Life Balance — Financial and Legal Consultation

Resources & Referrals for — Child/Elder Care, Special Needs, Daily Living & Concierge, Academic, Adoption, Management & HR Consulting, Pet Services, Relocation



UNIVERSITY SYSTEM OF GEORGIA
Well-being



October USG Well-being events

- Well-being Wednesday - Oct. 9, 2019 12:00 pm
 - Blood Pressure and How to Manage It
 - Register [here](#)
- Money Monday - Oct. 28, 2019 12:00 pm
 - The Purpose of Estate Planning- Is My Family's Legacy Protected?
 - Register [here](#)

Have you registered with ActivTrax yet?

ActivTrax is the new fitness tracking software that the Employee Fitness Center is utilizing.

The software creates a new customized workout each time you visit the gym. It gives you short videos for each exercise so you never feel like you don't know what to do.

Come in to the EFC to go through the Initial Strength Test, get registered into the system, and start working out!

October Yoga Classes



Enjoy FREE yoga on the plaza at the Battery, presented by Kaiser Permanente each Monday from 6:30-7:30pm.

Dates: 10/7, 10/14, 10/21, 10/28

Location: 800 Battery Ave, Atlanta, GA 30339

More Info: batteryatl.com/yoga



Join us for Marietta Campus Deep Stretch each Tuesday in October at 12:30pm. Sessions limited to 12 participants.

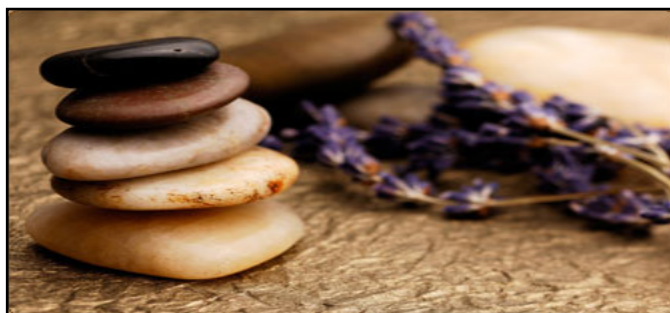
Click [here](#) to sign up.



Join us for Marietta Campus Intermediate Yoga each Wednesday in October at 12:30pm. Sessions limited to 12 participants.

Click [here](#) to sign up.

Employee Wellness Workshops



Introduction to Mindfulness

Date: 10/1, 10/4, 10/8, or 10/11

Location: Kennesaw Campus - KSU Center Room 174

Click [here](#) to sign up.



Preventing and Managing Hypertension

Dates: 10/25 or 11/1

KSU Marietta Campus - Wilson Student Center Room A216

Click [here](#) to sign up.



Interested in joining your Employee Fitness Center?

Contact us at efc@kennesaw.edu or 470-578-6770 to schedule your New Member Appointment. KSU employees and family members have the opportunity to utilize 5 free guest visits.

Hours & Location

[Click here for the Group Fitness Schedule!](#)

<https://employeewellness.kennesaw.edu>

Follow us on our new & improved Social Media!!



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