OWL BE WELL

Kennesaw State University Well-being Newsletter



Join KSU for USG Fall Keep America Active Challenge!

- Registration is open through Sept. 22nd. Challenge begins Sept. 16-Nov. 10; open to benefits-eligible employees.
- Compete on your own or join teams of up to 15 people.
- Earn points by recording physical activity, meditation & mindful eating to compete with co-workers to see who can earn the most points.
- Kick-Off Events: Kennesaw Campus Green Friday, Sept. 6 or Marietta Campus in the Student Center Globe Friday, Sept. 13 at 12pm.
- To Register: Click <u>Manage My Benefits</u> portal in OneUSG, click the Wellbeing tile, and click Register for Keep America Active Challenge



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Onsite Health Coaching

Your Employee Wellness team has partnered with Kaiser Permanente to offer FREE (to non-KP members) Onsite Health Coaching Sessions on each Tuesday on the Kennesaw Campus.

You can attend up to 3 sessions, which last around 30 minutes.

These health coaching sessions are designed to focus on

- Creating an effective wellness plan for your needs and goals
- Addressing obstacles that might get in the way

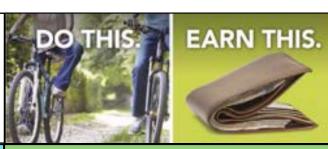
<u>Click here</u> to sign up for the 12:30pm, Sept. 10 info session in Town Point 2220.

Please email Dessi Beagle at dtzankov@kennesaw.edu if interested but unable to attend.



September USG Well-being events

- Well-being Wednesday Sept. 11, 2019 12:30pm
 - The Mood-Food Connection
 - Register here
- Money Monday Sept. 30, 2019 11:30 pm
 - Tomorrow in Focus: Saving for retirement
 - Register <u>here</u>



Have you earned your \$100 well-being credit yet?

Benefits-eligible employees and spouses covered have opportunities to earn raffle entries and credit by participating in recording health activities in the well-being portal.

Click Manage My Benefits portal, then Wellbeing tile to record activities.

For more information on how to get started, click here.

September Yoga Classes

KAISER PERMANENTE. O COLO AT THE BATTERY ATLANTA

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

Dates: 9/9, 9/16, 9/23, 9/30

Location: 800 Battery Ave, Atlanta, GA

30339

More Info: batteryatl.com/yoga



Limited spots available for Marietta Campus Mat Yoga on 9/10 & 9/17 in J. M. Wilson Student Center Ballroom A Room 201A at 12:30pm.

Click here to sign up.



Slots available for Kennesaw Campus Lunch Yoga in Student Center Addition Room C, D and E at 12:15pm.

Click here to sign up for 9/10 or 9/17.

Employee Wellness Workshops



Nutrition Workshop Series

Dates: 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 12-1pm

Location: KH 1203 or Carmichael Student Center Leadership Room Click <u>here</u> to sign up.



Delightful Dips Cooking Demo

Friday, Sept. 20, 12-1pm KSU Center, Room 460 Click <u>here</u> to sign up.



Intuitive Eating Workshop

Wednesday, Sept. 11, 12-1pm.

KSU Center Room 460

Click here to sign up.

2019 Group Fitness Schedule

Effective Monday, September 16th, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 am-7:45 am		Zumba@Taning. Ché			Sunrise Yega 7:00 -8:00 am Lara
12:15 pm- 1:00 pm		Tai Chi Alan		Diabetes Prevention Program	Tai Chi Alan
12:30 pm- 1:30pm	Yoga (all levels) Deborah		Stretch & Strength		
4:30 pm- 5:20 pm	Owl Sculpt Karen	Cardio Kickboxing Karen	H.I.I.T. Dessi	Yoga (all levels) Deborah	
5:30pm- 6:30pm	Strength a. Stamina Karen	Yoga (all levels) Stephanie	Zumba⊗ 5:30-6:20 pm Ché,	Cycling Melanie	Zumba⊗ 5:30-6:20 µm Percival

Class Key: CARDIO & STRENGTH • DANCE • CYCLING • MIND & BODY



Interested in joining your Employee Fitness Center?

Contact us at <u>efc@kennesaw.edu</u> 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

https://employeewellness.kennesaw.edu

Follow us on our new & improved Social Media!!





<u>Facebook</u>