

FY10 Healthy Hour Programs and Screenings
January – June 2010

The FY10 wellness focus is on stress and weight management. Most programs throughout the year will tie back to one or both of those issues. We hope you will consider attending one or more of the following programs throughout the upcoming months. These opportunities may be used to meet TIER or POINTS requirements.

Contact Kendra Houghton by email kendrahoughton@co.clarke.ga.us or 706-613-3934 to register.

Registration is necessary!

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>Subject</u>
December 16, 2009 40 participants	12:30 pm* FULL	Bobby Snipes Water Resources Center	<i>Techniques to deal with daily stress</i> Mind/Body Institute
December 31, 2009 End of 2nd Quarter! Accountability Forms due January 10!			
January			
January 6, 2009	12:30-1:30*	Satula Training Room	<i>Tobacco Cessation Program Kickoff</i> —Join Kendra Houghton to celebrate your decision to quit tobacco and kick off the intensive 2-month class.
January 8, 2009 40 participants	12:30-1:30	Bobby Snipes Water Resources Center	<i>New Year's Resolution: Weight Loss</i> —UGA Cooperative Extension Educator Denise Everson will provide all with motivation & resources necessary to carry out your resolution!
January 12, 2010 <i>No pre-registration necessary</i>	12:00 (registration) 12:15 Walk/Jog starts*	Bishop Park	<i>Wellness 5K Walk/Jog</i> —Come enjoy a lunch time walk or jog with your coworkers around Athens' Normaltown area. Receive a power snack & fitness gift, and earn Wellness Points or Tier activity.
January 13, 2010 25 participants	5:00pm-5:45pm	UGA Intramural Fields	<i>Fitness Trail Frenzy</i> —Take a guided tour of the fitness trail, and get cardio, strength, and flexibility exercise in a fun way! Learn how to spice up your normal walk/jog. Come dressed to exercise!
January 15, 2010 40 participants	12:30-1:30*	Bobby Snipes Water Resources Center	<i>Emotional Eating</i> —Join Nutrition Educator Denise Everson for a course exploring the tie between mental health and eating habits.
January 20, 2010 40 participants	12:30-1:30	Planning Auditorium	<i>Prevention of Stress & Associated Issues</i> —Come learn how stress influences your physical & mental health, and tactics to prevent negativity from Dr. Todd Hardison, Wellness Chiropractor.
February			
February 2, 2010 (Tuesday)	12:30-1:30*	Planning Auditorium	<i>Practice What You Teach, 8-week course on Tuesdays:</i> UGA Nutrition research graduate student will teach how to properly nourish your children through setting a healthy example. It's best if you can attend all 8 classes, but fine if you attend a select few.
February 3, 2010 35 participants	12:30-1:30	Planning Auditorium	<i>Heart Health: Screenings & Prevention</i> —Let the county Health Department's cardiovascular specialist Tony Huff teach you the tests & practices you need to prevent heart issues.
February 5, 2010 25 participants	12:30-1:30*	Satula Training Room	<i>Financial Health:</i> Join Rick Jarvis of Nationwide Retirement Solutions to learn about securing your future financial situation and securing a way to care for yourself comfortably.
February 9, 2010	7:15am* (registration) 7:30am Walk/Jog starts	Georgia Square Mall (meet @ ACC Fitness Center, behind mall)	<i>Wellness 5K Walk/Jog</i> —Avoid the cold weather by exercising INSIDE the mall! Georgia Square Mall is open for exercisers before stores open at 10am. Complete your exercise before work, and receive a healthy breakfast to take with you.
February 9, 2010 (Tuesday)	12:30-1:30 (bring your lunch!)	Planning Auditorium	<i>Practice What You Teach, 8-week course on Tuesdays:</i> UGA Nutrition research graduate student will teach how to properly nourish your children through setting a healthy example. It's best if you can attend all 8 classes, but fine if you attend a select few.
February 10, 2010 60 participants	12:30-1:30	Lyndon House	<i>Vitamin D & Your Health</i> —UGA Nutrition professor Dr. Mary Ann Johnson will share her expertise on vitamin D level's influence on cancer risk and overall health, a recent rising concern.
February 16, 2010 (Tuesday)	12:30-1:30 (bring your lunch!)	Planning Auditorium	<i>Practice What You Teach, 8-week course on Tuesdays:</i> UGA Nutrition research graduate student will teach how to properly nourish your children through setting a healthy example. It's best

			if you can attend all 8 classes, but fine if you attend a select few.
February 17, 2010 20 participants	12:30-1:30 (class may go until 2:00)	East Side Kroger, College Station Road	Grocery store tour: Learn to better read food labels and be able to identify the hype of food marketing with Kendra Houghton Class may take up to 1 ½ hours .
February 23, 2010 (Tuesday)	12:30-1:30 (bring your lunch!)	Planning Auditorium	Practice What You Teach, 8-week course on Tuesdays: UGA Nutrition research graduate student will teach how to properly nourish your children through setting a healthy example. It's best if you can attend all 8 classes, but fine if you attend a select few.
February 24, 2010 40 participants	12:30-1:30*	Planning Auditorium	Cancer Prevention 101 —American Cancer Society's Ashley Morrow will introduce you to research-based ways to prevention of cancer.
March			
March 2, 2010 (Tuesday)	12:30-1:30 (bring your lunch!)	Planning Auditorium	Practice What You Teach, 8-week course on Tuesdays: UGA Nutrition research graduate student will teach how to properly nourish your children through setting a healthy example. It's best if you can attend all 8 classes, but fine if you attend a select few.
March 3, 2010 40 participants	12:30-1:30	Bobby Snipes Water Resources Center	Nutrition Tips On A Budget —UGA Nutrition Master's students will present you with ways to feed your family without breaking your bank!
March 9, 2010 (Tuesday)	12:30-1:30 (bring your lunch!)	Planning Auditorium	Practice What You Teach, 8-week course on Tuesdays: UGA Nutrition research graduate student will teach how to properly nourish your children through setting a healthy example. It's best if you can attend all 8 classes, but fine if you attend a select few.
March 10, 2010 40 participants	12:30-1:30	Streets & Drainage Training Room	Sleep & Your Health —Come learn the effects that quality/quantity of sleep has on your weight, hormone fluctuations, stress levels, and healing capability from the EAP counselors.
March 11, 2010 <i>No pre-registration necessary</i>	12:00 registration 12:15 walk/jog starts*	Court House	March Wellness 5K Walk/Jog —Join us for a lunch time walk/jog through down town Athens and UGA's beautiful North Campus. Receive a power snack & fitness gift, and earn Wellness Points or Tier activity. <i>Fewer student crowds: during UGA's Spring Break!</i>
March 16, 2010 (Tuesday)	12:30-1:30 (bring your lunch!)	Planning Auditorium	Practice What You Teach, 8-week course on Tuesdays: UGA Nutrition research graduate student will teach how to properly nourish your children through setting a healthy example. It's best if you can attend all 8 classes, but fine if you attend a select few.
March 17, 2010 40 participants	12:30-1:30*	Bobby Snipes Water Resources Center	Radon Awareness/Prevention —UGA's Cooperative Extension educator Becky Chenhall will teach you all about the nation's leading cause of lung cancer and how to protect your family.
March 18, 2010 45-50 participants	12:30-1:30	Planning Auditorium	Understanding Your Valic Statement —Join Valic's David Michaux to better comprehend your deferred compensation statement.
March 23, 2010 (Tuesday)	12:30-1:30 (bring your lunch!)	Planning Auditorium	Practice What You Teach, 8-week course on Tuesdays: UGA Nutrition research graduate student will teach how to properly nourish your children through setting a healthy example. It's best if you can attend all 8 classes, but fine if you attend a select few.
March 31, 2010 40 participants	12:30-1:30	Planning Auditorium	Eye For An Eye —Join Dr. John Forche to learn about proper care for your eyes, and prevention & maintenance of vision issues.
March 31, 2010 End of 3rd Quarter! Accountability Forms due April 10!			
April			
April 7, 2010 40 participants	12:30-1:30*	Planning Auditorium	Osteoporosis On the Mind —UGA Nutrition professor Dr. Richard Lewis will speak on the latest research related to Osteoporosis causes, prevention, and maintenance.
April 20, 2010 (Tuesday)	9:00-3:00	Classic Center	Health Fair —Stop by at any point during the day to collect your blood work results, learn about valuable health goods & services, and receive useful tools & information.
April 28, 2010 40 participants	4:00-5:00	Planning Auditorium	Fast Food Fix Done Right —Come learn how to eat more healthy at most local fast food restaurants from UGA's Nutrition Research Graduate Student Whitney Bignell
May			
May 5, 2010	12:30-1:30	Bobby Snipes Water	Your Child's Health, Your Child's Weight —Denise Everson will

40 participants		Resources Center	instruct on the effect your child's weight has on his/her overall current & future health, and how to achieve a healthy weight.
May 12, 2010 40 participants	12:30-1:30*	Bobby Snipes Water Resources Center	<i>Acid Reflux & Asthma</i> —Join Internal Medicine & Primary Care physician Dr. Toby Bond to learn prevention & care methods for these common issues, which are surprisingly related!
May 19, 2010 25 participants	12:30-1:30	Fire Station #4, Oglethorpe Ave.	<i>Protecting Your Overall Health Through Vision & Dental Care</i> —Ameritas Group representative will enlighten you on how care of eyes & mouth greatly affect one's cardiovascular, metabolic, (etc.) health.
June			
June 2, 2010 40 participants	12:30-1:30*	Planning Auditorium	<i>Using Exercise To Improve & Recover From Health Ailments</i> —ARMC Physical Therapist and Pink Ribbon Program Specialist will discuss how physical activity can aid the body's healing and recovering processes.
June 9, 2010 25 participants	12:30-1:30	Westside Police Dept. Training Room	<i>The Truth About Low-Carb Foods</i> —Join Denise Everson to learn how to distinguish between truth & hype with the low-carb craze.
June 15, 2010 End of 4th Quarter! Accountability Forms due June 15!			

* Classes noted with * indicate a meal (lunch or snack) will be provided for those attending the meeting. Otherwise, you should plan to bring your lunch or eat at another time.

- All healthy hour classes are subject to change.

Check out www.athenshr.com under the wellness tab for changes or updates throughout the year.