



FY11 HEALTHY HOUR PROGRAMS AND SCREENINGS JUNE – DECEMBER 2011

These opportunities may be used to meet TIER or POINTS requirements.

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

Registration is necessary!

Date	Time	Location	Subject
June			
June 9, 2010 <i>25 participants</i>	12:30pm-1:30	Westside Police Dept. Training Room	The Truth About Low-Carb Foods —Join Denise Everson to learn how to distinguish between truth & hype with the low-carb craze.
June 7-25, 2010	9:00am-3:00pm	Satula Avenue Training Room	Open Enrollment —Be sure to complete your online Health Risk Assessment to enroll in the POINTS and/or Tier Programs, and Tier Agreement for the Tier Program. Computers will be available.
June 15, 2010 End of 4th Quarter! Accountability Forms due!			
June 29, 2010 (Tuesday) <i>(no pre-registration necessary)</i>	12:15pm registration 12:30 5k*	CITY HALL	June Wellness 5k Walk/Jog —Come enjoy a lunch time walk or jog with your coworkers around downtown Athens & UGA's campus. Receive a power snack & fitness gift, and earn Wellness POINTS or Behavioral Tier activity credit.
June 30, 2010 <i>40 participants</i>	12:30pm-1:30	Bob Snipes Water Resources Center	No-Computer Access? No Problem! —You or someone you know feel left out without County computer login capability? Wellness Coach Aimee Grigsby will enlighten the group on ways to access Wellness Program activities & resources for those without regular computer access. Come to learn for yourself, or to help your non-computer using co-workers.
July			
Various dates: July 6, 8, 13, 15, 20, and/or 22, 2010 <i>15 participants</i>	12:30pm-1:00	Satula Training Room	Stretch, Strengthen, & Relax —Wellness Intern & former elite gymnast Amanda Burke will lead a fitness class focused on deep stretching to promote stress & pain prevention. <i>6 classes offered, come to one or several, but please register by Monday of each week.</i>
July 7, 2010 <i>35 participants</i>	12:30pm-1:30	Planning Auditorium	Brain Gym —Join Wellness Coach Aimee Grigsby to learn how to link the mind & body with fitness that releases toxins, joins the right/left sides of the brain for optimal brain function, and mimics movements from early developmental stages of life. Dress comfortably!
July 12, 2010 <i>Call 613-3934 to register</i>	9:00am-11:00	Planning Auditorium	Retiree Bone Density Screening —Reddy Clinic's Suzanne Voyles will offer complimentary screening to all retirees.
July 14, 2010 <i>40 participants</i>	12:30pm-1:30*	Police Department (Lexington Rd.)	Extreme Couponing 101: Athens Savvy Shopper, Leigh Ellen Magness, will help relieve some of your financial stress by teaching you tips and tricks to save hundreds of dollars on groceries by using common coupons.
July 19, 2010 <i>40 participants</i>	12:30pm-1:30	Bob Snipes Water Resources Center	Diabetes Medication Academy —Confused about your diabetes medications? Wonder if you're taking them properly? Or, if they're working efficiently? A local diabetes medication representative and a health educator will answer your medication, side effect, and disease management questions.
July 21, 2010 <i>(no pre-registration necessary)</i>	7:00am registration 7:15am 5k*	Landscape Department	July Wellness 5k Walk/Jog —Beat the heat and start your work day right! Come enjoy a morning walk/jog with your coworkers around the Boulevard & Prince Avenue area. Receive snack, and earn Wellness POINTS or Behavioral Tier activity credit.

August

August 4, 2010 (WEDNESDAY) <i>25 participants (Dress to work out! Meet in front lobby)</i>	6:30pm-7:30pm	Bodyplex Fitness, Beechwood Shopping Center	Intro To Spin Class —Heard about “Spin Classes” but always been intimidated to try? Or, love Spin and looking for a free class? Come participate in a beginning Spin Class taught by Rich, who will teach all you need to know! No matter what your fitness level, this class is for you to try! <i>Participants also receive a 3-day pass to use the facility & all of its classes.</i>
August 6, 2010 (FRIDAY) <i>(Dress to work out! Meet just inside front door)</i>	5:30pm-6:30	Bodyplex Fitness, East Side on Cedar Shoals Dr.	Intro To Spin Class —Heard about “Spin Classes” but always been intimidated to try? Or, love Spin and looking for a free class? Come participate in a beginning Spin Class taught by Rich, who will teach all you need to know! No matter what your fitness level, this class is for you to try! <i>Participants also receive a 3-day pass to use the facility & all of its classes.</i>
August 12, 2010 (Thursday) <i>25 participants</i>	1:00pm-2:00	Fire Station #7	Fast Food Frenzy —UGA Cooperative Extension’s Denise Everson will give you the low-down on eating somewhat healthy at fast food restaurants.
August 13, 2010 (Friday) <i>25 participants</i>	1:00pm-2:00	Fire Station #7	Fast Food Frenzy —UGA Cooperative Extension’s Denise Everson will give you the low-down on eating somewhat healthy at fast food restaurants.
August 17, 2010 (Tuesday) <i>25 participants</i>	1:00pm-2:00	Fire Station #4	Fast Food Frenzy —UGA Cooperative Extension’s Denise Everson will give you the low-down on eating somewhat healthy at fast food restaurants.
August 18, 2010 <i>40 participants</i>	12:30pm-1:30*	Bob Snipes Water Resources Center	Improving Fitness With A Structured Exercise Program —Learn methods to the madness of exercise with Denise Everson.
August 25, 2010 <i>25 participants</i>	11:30am-12:30	Landscape Dept.	Hydration Hype —Come learn what increasing water intake can do to improve: weight, blood pressure, joint pain, etc.
August 25, 2010 <i>20 participants</i>	5:30pm-6:30/7:00*	Sam’s Club (on Atlanta Highway)	Healthy Grocery Store Tour: Sam’s Club —Whether or not you are a Sam’s Club member, join Kendra to discover healthy purchases to make when buying in bulk for your family and saving money! <i>Participants will get to sample some of her suggested items, enjoy a post-class reception, and receive a discount on a new membership fee if desired.</i>
August 31, 2010 <i>(no pre-registration necessary)</i>	7:15am* (registration) 7:30am Walk/Jog starts	Georgia Square Mall (meet @ ACC Fitness Center, behind mall)	August Wellness 5K Walk/Jog —Avoid the heat 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. Showers available!

September

September 1, 2010 <i>40 participants</i>	12:30pm-1:30	Police Department (Lexington Rd.)	Cholesterol Breakdown —Join the ARMC Education Department crew to learn the ins & outs of HDL, LDL, and triglycerides as part of Cholesterol Education Month.
September 2, 2010 (Thursday) <i>(no registration necessary)</i>	7:30am-8:30am	Streets & Drainage Department	PSA/DRE Screenings —Men ages 50+ (or 45+ if you have a strong family history of prostate cancer): get your yearly screening free of charge courtesy of Dr. Blankenship to check for & prevent development of prostate cancer.
September 8, 2010 <i>60 participants, females only!</i>	12:30pm-1:30*	Lyndon House	Menopause Mania —UGA Foods & Nutrition Department educators will brief an all female crowd on managing the trials of “The Change” in a healthy way.
September 15, 2010 <i>40 participants</i>	12:30pm-1:30	Bob Snipes Water Resources Center	The Grains Group —Denise Everson will enlighten us on the benefits & options of whole grains in honor of Whole Grains Month!
September 17, 2010 (Friday) <i>25 participants</i>	12:30pm-1:30	Satula Training Room	Time For Your Financial Checkup! —Banking experts will join us to relieve some of your financial stress by teaching you to properly save money, make money, and protect your money.
September 21, 2010 <i>(no pre-registration necessary)</i>	5:15pm* (registration) 5:30 Walk/Jog starts	Memorial Park	September Wellness 5k Walk/Jog —Finish off your Tuesday with an organized 5k! Course winds through Memorial Park, Bear Hollow, and Birchmore Trails. Receive a snack, and earn Wellness POINTS or Behavioral Tier activity credit.
September 29, 2010	12:30pm-1:30*	Bob Snipes Water Resources Center	Cholesterol Medications —Reddy Medical Group will bring both a cholesterol med representative and a health educator to answer

40 participants			your questions & concerns regarding these prescriptions & their side effects, etc.
September 30, 2010 (Thursday) 15 participants	6:00pm-6:45/7:00	Earthfare Grocery @ Five Points	Supplement Q & A —Bring your supplement/homeopathy questions to one of Earthfare Grocery’s trained specialists, and tour the extensive section of this healthy resource!
September 30, 2010: End of 1st Quarter! Accountability Forms due!			
October			
October 5, 2010 (Tuesday) (no pre-registration necessary)	3:45pm* (registration) 4:00 Walk/Jog starts	Streets & Drainage Department	October Wellness 5k Walk/Jog —The first walk at Streets was so successful, that we’re bringing the ACC 5k back! Come ready to walk around the Streets & Solid Waste Departments.
October 6, 2010 40 participants	12:30pm-1:30*	Planning Auditorium	Bone & Joint Decade —UGA bone health expert Emma Laing and Dietetics research student will teach us proper bone & joint care to prevent/manage arthritis, osteoporosis, etc.
October 7, 14, 21, 2010 (Thursdays) 9 participants	12:30pm-1:30*	Satula Copy Center	Beginner Crochet Class —Join ACC HR Department’s very own Veronica Hatfield to learn crochet basics by creating hats to donate to women undergoing chemotherapy, in honor of Breast Cancer awareness month.
October 12, 13, 14, 2010 Must contact Kendra to register	8:00am-4:00pm	Satula Lower Parking Lot	ARMC Mobile Mammography —Contact Kendra to register for your yearly mammogram: kendrahoughton@co.clarke.ga.us , 706-613-3934
October 20, 2010 60 participants	12:30pm-1:30	Lyndon House	Gardening For Your Health —Let UGA Cooperative Extension’s Amanda Tedrow teach you how to start a fall vegetable garden (carrots, lettuce, collards, turnips, spinach and more), provide produce that is fresher than what you can buy at the grocery store, and accomplish stress relief & exercise in the process!
October 27, 2010 25 participants	12:30pm-1:30	Satula Training Room	Women’s Health & Menopause —Come with your burning “female” questions for a Reddy Medical Group female health specialized physician.
November			
November 3, 2010 40 participants	4:30pm-5:30	Planning Auditorium	Improving Diabetes Control With Carbohydrate Counting —Denise Everson will take the difficulty out of counting carbs for those trying to manage diabetes and blood sugar issues.
November 10, 2010 30 participants	12:30pm-1:30	Grand Jury Room	Promoting Healthy Skin —Come learn how to nutritionally support your system for clear, healthy skin from a UGA Dietetic intern
November 16, 2010 (Tuesday)	4:00pm* (registration) 4:15 Walk/Jog starts	Fire Station #7	November Wellness 5k Walk/Jog —Enjoy a 5k walk/jog on the east side of town!
November 17, 2010 40 participants	12:30pm-1:30*	Bob Snipes Water Resources Center	Diabetes Medications —Did you miss July’s class? Confused about your diabetes medications? Wonder if you’re taking them properly? Or, if they’re working efficiently? A local diabetes medication representative and a health educator will answer your medication, side effect, and disease management questions.
December			
December 1, 2010 25 participants	12:30pm-1:30*	Satula Training Room	Allergies —Dr. Toby Bond will discuss the causes, treatments, and prevention methods of those pesky allergies, both spring & fall, outdoor & indoor.
December 6, 2010 (Monday) (no need to register, drop-in appointments)	9:00am-11:00	Planning Auditorium	Body Composition Analysis Screening —Not able to get your body composition measurements done at the Wellness Fair, or want to see if your numbers have improved? Drop in for your complimentary analysis.
December 8, 2010 15 participants	12:30pm-1:30	Lyndon House kitchen	Holiday Recipe Makeover Cooking Instruction —Love those traditional holiday recipes, but hate what they do to your waistline & cholesterol? Come learn how to alter these recipes to improve nutritional content without sacrificing taste with UGA Dietetic interns.

December 14, 2010 (Tuesday) <i>(no pre- registration necessary)</i>	4:00pm* (registration) 4:15 Walk/Jog starts	Fire Station #3	<i>December Wellness 5k Walk/Jog</i> —Enjoy Athens’ 5 Points Area during the holiday season! Tour Milledge, Lumpkin, etc. to work off some holiday stress.
December 15, 2010 <i>25 participants</i>	12:30pm-1:30	Satula Training Room	<i>Protect Your Identity</i> --Learn how to protect your identity, fight fraud, and ensure better mental/emotional health during these trying financial times.

December 31, 2010 End of 2nd Quarter! Accountability Forms due!

* 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.