



July 12, 2017

MARK YOUR CALENDAR

July 12 - Deadline to View Wellness Lecture: "Still Hungry?"

July 13 - Employee Picnic (11AM-1:30PM, Polen Farm)

July 18 - Blood Pressure Screening (11:30AM - 1:00PM, Polen Farm)

July 25 - Wellness Lecture (11:30AM, Council Chambers)

July 25 - CPR/AED Course (1PM, KFD Headquarters)

August 23 - Wellness Lecture (11:30AM, Council Chambers)

QUESTIONS?

Questions about the Employee Wellness Program?

Talk to your Department Representative or

The City of Kettering Employee Wellness Program uses *Be Well Bulletin* to share all important and upcoming Wellness Program information. *Be Well Bulletin* is distributed the second Wednesday of each month.

WELLNESS PARTICIPATION POINT SUBMISSION DEADLINE

Next quarterly participation point submission deadline: August 10 (for points earned May 1 - July 31).

ANNUAL CITY PICNIC & PIG ROAST REMINDER - BEACH TOWEL VOLLEY BALL ACTIVITY

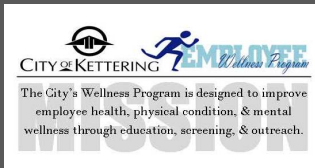
To help you burn calories while *pigging* out, the Employee Wellness Program will be sponsoring a fun and team-building activity that removes the requirement for specific volleyball skills by adding beach towels into the mix and making for a more fun and less competitive activity. Join us for plenty of fun and good food on Thursday, July 13th (11:00 a.m. - 1:00 p.m.) at Polen Farm.

UPCOMING PROGRAMMING

Blood pressure screening: July 18, 11:30 a.m. - 1:00 p.m. at the Kettering Fitness & Wellness Center Lobby.

July Wellness lecture: "Digging Up Dollars - Create a Spending Plan": July 25, 11:30 a.m. (Council Chambers). *Come hear Ohio Deferred Compensation Retirement Specialist, Shana Sellers-McElroy present "Digging Up*

find information on [the Barn](#).



Dollars - Create a Spending Plan". Shana will help you determine whether you need a spending plan and help you define your spending habits. With some instruction you can create your own spending plan and plan a spending strategy around your savings.

August Wellness Lecture: "Four Keys to Healthy Eating Out": August 23, 11:30 a.m. (Council Chambers)

Come hear Erin Rowley with Diabetes Dayton list and describe the four keys for healthy eating out. She will give examples of how to apply these keys at the type of restaurants we visit regularly and help you make appropriate selections from the menu. She will also help you learn how to use assertive language with a polite tone to ask for a healthier substitute item.

WELLNESS LECTURE CASH INCENTIVE DRAWING CHANGES

Effective with the upcoming July 25 lecture, eligibility for the monthly wellness lecture \$50 cash drawing, will require attendance at the lecture. Non-activity points can still be earned for watching the DVD and not attending the lecture. Please see your employee wellness department representative or Jim Engelhardt with questions.

WELLNESS CHALLENGE: "WATER FIRST FOR THIRST"

The summer wellness challenge, "Water First for Thirst" is underway but you can join at any time during the six-week long hydration challenge. Participants are challenged to consume 64 ounces of water per day for at least five out of seven days per week. The Challenge will run through August 20, 2017.

Each week participants successfully complete the weekly water consumption goal, they will earn one entry into the final \$100, \$75, and \$50 drawings! And, that's not all... participants will earn 10 non-activity points (regardless of reaching the weekly goal), as long as point logs are submitted for all six-weeks of the challenge.

Questions? Contact Karin Nevius at 293-4346 or via e-mail at Karin.Nevius@ketteringoh.org.

CPR TRAINING

Completion of the CPR/AED courses offered by the Kettering Fire Department are worth 15 non-activity points. Classes are 90-minutes in duration and offered at Fire Headquarters (4745 Hempstead Station Dr.). Please contact John Moore at 296-3385 to register for the next training: Tuesday, July 25 (1:00 p.m.). Class size is limited, please register as early as possible.

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July 18 - Blood Pressure Screening (11:30 a.m. - 1:00 p.m., Kettering Fitness & Wellness Center)

July 25 - Wellness Lecture (11:30 a.m., Council Chambers)

July 25 - CPR/AED Course (1:00 p.m., KDF Headquarters)

August 23 - Wellness lecture (11:30 a.m., Council Chambers)

WELLNOTES

Check out Kettering Health Network's [July WellNotes](#)! Here's what's included:

- Eat More Legumes to Beat Hunger
- Stay Safe When Summer Temps Sizzle
- Find an Activity You Enjoy to Stay Fit

And try the [Monthly Health Challenge](#) and see if you can Eat Less Red Meat. And [Ask the Wellness Doctor](#) What are Healthier Ways to Cook?

QUESTIONS

If you have questions regarding the Employee Wellness Program or have feedback for us, please see your department representative or Jim Engelhardt at 3280 or Jim.Engelhardt@ketteringoh.org
