



April 11, 2018

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POINTS SUBMISSION

The volunteer who graciously enters the wellness points you submit will be unavailable this spring. While we will try our hardest to keep up on entering submitted points, it would be VERY helpful if you could submit points for February, March, and April on a monthly basis. This is by no means required, but it would certainly be helpful for this quarter! Thank you!

MARK YOUR CALENDAR

April 23 - CPR/AED Course
(9AM, KFD Headquarters)

April 23 - Song & Dance
Workshop (12PM, Rosewood)

April 24 - Wellness Lecture
(11:30AM, Council Chambers)

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

EMPLOYEE FUN DAY!

The Employee Wellness Committee in conjunction with Employee Council will be hosting an Employee Fun Day on **Tuesday, May 1st from 11:30AM - 1:30PM** at the Kettering Recreation Complex in the parking lot closest to the water park.

[Come enjoy food trucks and games with your peers.](#)

WELLNESS CHALLENGE: GET MOVING

It's time again to GET MOVING! This year's [Get Moving Challenge](#) is underway (April 9 - May 20), but it's not too late to join. This challenge continues to be nothing short of simple.

Walk 10,000 steps per day for at least four days per week (or 40,000 steps per week) and submit a weekly log sheet. Get all the details [here](#).

You could win up to \$100!! To register go to <https://www.surveymonkey.com/r/D6CPZ7V>.



2018

**Get Moving
Challenge**

April 9—May 20, 2018

April 28 - World Tai Chi & Qigong Day (10AM, KRC)

May 1 - Employee Fun Day (11:30AM, KRC Water Park Parking Lot)

May 14 - Deadline to View "Savor the Flavor" Lecture

May 18 - National Bike to Work Day

May 18 - CPR/AED Course (1PM, KFD Headquarters)

June 13 - Lipid Screening (7AM, Virginia Room)

WELLNESS LECTURES

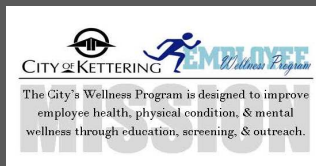
Did you know that you can now go to <http://ketteringwellness.com/> to view all of the City of Kettering Wellness Lectures online?

As always, DVDs will be distributed to departments, but feel free to view online from anywhere!

QUESTIONS?

Questions about the Employee Wellness Program?

Talk to your [Department Representative](#) or find information on [the Barn](#).



We are committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all eligible employees. If you think you might be unable to meet a standard for a reward

SONG & DANCE WORKSHOP

Spend 30 minutes learning a song and dance from one the most talented choreographers in town who happens to be a fellow employee! This is an activity for all... even the shy and non-dancers.

Grab some co-workers and head over to Rosewood Arts Centre for a fun way to earn 6 Activity Points on **Monday, April 23 at 12PM.**

Oh, wait. [Who is that talented choreographer?](#)

EMPLOYEE OF THE MONTH

Congratulations to Patrol Officer, Brian Robinson, for being selected Wellness Employee of the Month!

[Read Brian's nomination here.](#)

Do you know someone who deserves to be recognized as Wellness Employee of the Month? If so, contact [Lindsey Patrick](#).

WELLNESS LECTURE: "MINDFULNESS"

Save the date! On **Tuesday, April 24th at 11:30 in Council Chambers**, we will be hosting our next Wellness Lecture. This is a good one, and is much more impactful live! Come join us in person!

DVDs will be distributed to departments. Remember, you can watch it online at <http://ketteringwellness.com>. This lecture is worth 10 Non-Activity Points and a chance at \$50!

WORLD TAI CHI & QIGONG DAY

Interested in learning a new activity and earning 6 Activity Points OR 10 Non-Activity Points?! Learn more about World Tai Chi & Qigong Day on Saturday, April 28 at 10AM.

under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Lindsey Patrick at (937) 296-2446 or email lindsey.patrick@ketteringoh.org.



The poster features a central image of a person in a Tai Chi pose. The title 'World Tai Chi and Qigong Day' is written in large, stylized red and black characters. Below the title, there is a quote: '...One World ... One Breath'. The event details include the date (Saturday April 28, 2018) and time (10 am). It also lists the location (Kettering Recreation Complex) and provides contact information for TAMA Martial Arts Center and the City of Kettering. The poster includes logos for both organizations and a small vertical calligraphic signature on the right side.

World Tai Chi and Qigong Day

太極

“...One World ... One Breath”

This event is **Free** and open to anyone that wishes to participate, learn or watch Tai Chi and Qigong.

When: Saturday April 28, 2018
Time: 10 am.

❖ Meet near the Shuffleboard Courts; Southwest of the main entrance at 09:30.
❖ Tai Chi Demonstrations will begin at 09:30.
❖ In the event of inclement weather the event will be held inside the in the CIL A/B Room, located in the Charles I. Lathrem Senior Center.

Where: Kettering Recreation Complex
2900 Glengarry Drive
Kettering, Ohio 45420
(937) 296-2587
<http://www.playkettering.org>

"There was something extraordinarily *moving* about seeing the entire world . . . *breathe together* . . . on this special day each year . . ."
www.WorldTaiChiDay.org

 CITY OF KETTERING
PARKS, RECREATION AND CULTURAL ARTS DEPARTMENT

 TAMA Martial Arts Center
1753 Woodman Drive • Dayton, Ohio 45420 • (937) 254-7035
www.TAMAMartialArts.com

CPR TRAINING

Participation in the 90-minute CPR/AED course offered at Fire Headquarters (4745 Hempstead Station Drive) is worth **15 Non-Activity Points**. Please contact [John Moore](mailto:John.Moore@ketteringoh.org) (937.296.3385) to register for one of the trainings below:

Monday, April 23 - 9AM
Friday, May 18 - 1PM
Friday, June 15 - 1PM
Friday, July 13 - 9AM

Class size is limited. Please sign-up for the class that best fits your schedule.

WELLNOTES

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

- Did You Get the Message? Texting While Driving is Dangerous
- Battle for Better Health with Asparagus Spears

- Get Fit Now to Prevent Dementia Later
- Health Challenge: Improve Balance
- Ask the Wellness Doctor: What can I do to improve digestion?

City of Kettering | (937) 296-2400 | EmployeeWellness@ketteringoh.org |

Be Well Bulletin - Kettering Employee Wellness Program e-newsletter | www.ketteringoh.org

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