



May 9, 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

May 10 - Deadline to Submit Points Earned February - April

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

May 16 - Wellness Lecture

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.

DEADLINE TO SUBMIT POINTS

DEADLINE

Don't forget, tomorrow, May 10th, is your last day to submit Activity and Non-Activity Points earned February through April 2018.

Have questions about submitting points? [Click here.](#)

FREE LIPID SCREENINGS

The Employee Wellness Program will be offering [FREE blood lipid \(cholesterol, triglycerides, glucose\) and body fat screenings](#) on **Wednesday, June 13 from 7:00AM - 10:00AM** in the Virginia Room (Government Center - North Building).

Employees with higher-than-normal glucose scores will be eligible for an additional A1C screening.

A 12-hour fast is recommended for this screening.

Appointments are required and can be made by calling KHN Community Wellness at (937) 558-3988 during normal business hours.

This screening is worth 15 Non-Activity Points.

(11:45AM, Kettering Sports Medicine Center, 4403 Far Hills)

May 18 - National Bike to Work Day

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

May 23 - Pilates & Stretch Class Combo Demonstration (12PM, KRC - Studio B)

May 24 - Blood Pressure Screening (11:30AM, KFWC)

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

June 15 - CPR/AED Course (1PM, KFD Headquarters)

WELLNESS LECTURES

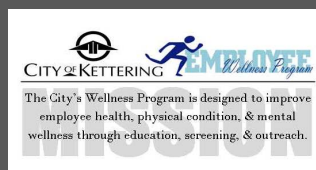
Did you know that you can now go to <http://ketteringwellness.com/> to view all of the City of Kettering Wellness Lectures online?

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

WELLNESS LECTURE: "INJURY PREVENTION"

On **Wednesday, May 16th at 11:45** we will be hosting our next Wellness Lecture titled, Injury Prevention. This Wellness Lecture will be held at the Kettering Sports Medicine Center (4403 Far Hills Ave).

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!

NATIONAL BIKE TO WORK DAY



Next **Friday, May 18th** is National Bike to Work Day. Participants will receive 5 Non-Activity Points in addition to the Activity Points earned from biking! [Click here to register.](#)

Can't bike to work? Bring your bike with you and take a cruise during lunch, or come early and ride to the [FREE Pancake Breakfast at RiverScape \(7AM-9AM\)](#).

BONUS:

Send a selfie evident of your ride to work to [Lindsey Patrick](#) and you'll be entered in a \$25 drawing!

PILATES & STRETCH CLASS

Interested in observing or participating in a Pilates & Stretch Class Demonstration?

Come to Studio B at the Kettering Recreation Complex on **Wednesday, May 23rd from 12:00 to 12:45PM**.

Can't stick around the whole 45 minutes? No big deal. Stay as long as you can.

Please email [Lindsey Curry](#) to register.

BLOOD PRESSURE SCREENING

to all eligible employees. If you think you might be unable to meet a standard for a reward 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 next FREE blood pressure screening will be held on **Thursday, May 24th from 11:30AM to 1PM** in the Lobby at Kettering Fitness & Wellness Center.

This screening is worth 5 Non-Activity Points.

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](tel:937.296.3385) (937.296.3385) to register for one of the trainings below:

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.

LECTURE WINNER



Were you the latest Wellness Lecture Winner?

[Click here to find out.](#)

Don't forget... When you participate in the Employee Wellness Program Lectures, not only do you earn 10 Non-Activity Points, but you also get entered for a chance of winning \$501

WELLNOTES

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

- The Secret to Fitness at Any Age
- Eat This Raw to Keep Your Brain Healthy
- Whole-Grain Cereal for Breakfast Improves Heart Health
- Health Challenge: Breathe Easy

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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