



July 11, 2018

## IN THIS EDITION

[Nominations](#)

[Five for Five](#)

[Wellness Lecture](#)

[CPR/First Aid Training](#)

[Lecture Winner](#)

[WellNotes](#)

[Points Deadline](#)

## MARK YOUR CALENDAR

July 13 - CPR/AED Course (9AM, KFD Headquarters)

July 25 - Wellness Lecture (11:30AM, Kettering Sports Medicine, 4403 Far Hills Ave.)

July 26 - City Picnic & Pig Roast (11:30AM, Polen Farm)

July 31 - Deadline to View "Injury Prevention" Lecture

August 3 - [Free Friday](#)

August 10 - Deadline to submit May thru July Points

August 13 - CPR/AED Course (9AM, KFD Headquarters)

August 20 - "Five for Five" Challenge Begins

## WELLNESS LECTURES

Did you know that you can now

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.

## WELLNESS EMPLOYEE OF THE MONTH NOMINATIONS

The Wellness Committee is soliciting nominations for Wellness Employee of the Month.

Do you know someone who has improved their personal health and fitness levels (weight loss, improved physical condition, improved blood pressure, etc.) and/or made a significant change to lead a healthier lifestyle (improved eating habits, quit smoking, etc.)?

If so, it sounds to us like he or she deserves to be recognized as Wellness Employee of the Month.

Contact [Lindsey Patrick](#) to submit your nomination.

## NEW: FIVE FOR FIVE CHALLENGE

And no, we aren't talking about Arby's 5 for \$5 Deal.

This 6-Week Challenge is all about the [Fruits and Vegetables!](#) Do you dare to consume five servings of fruits and vegetables for five days a week?

Participation can earn you not only entries in the \$100 drawing, but 10 Non-Activity Points, and a chance at \$50 from a smaller pool of people. Interesting, [what's the catch?](#)

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 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](mailto:lindsey.patrick@ketteringoh.org).

To register & gather more information, [click here](#).



## WELLNESS LECTURE

On **Wednesday, July 25th at 11:30** we will be hosting our next Wellness Lecture on Ergonomics.

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!

## CPR/FIRST AID TRAINING

The Fire Department will now be offering a First Aid Course in addition to the CPR Training. Participation in these courses offered at Fire Headquarters (4745 Hempstead Station Drive) is worth **15 Non-Activity Points**. Please contact [John Moore](#) (937.296.3385) to register for one of the trainings below:

- Friday, July 13 - 9AM (CPR Only)
- Monday, August 13 - 9AM (CPR Only)
- Friday, September 28 - 1PM (CPR & First Aid)
- Monday, October 22 - 9AM (CPR Only)
- Monday, November 19 - 1PM (CPR & First Aid)
- Friday, December 14 - 9AM (CPR Only)

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 \$50!

---

## WELLNOTES

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

- The Real Reason It's Called "Water" Melon
- Steps to Better Health Start with Walking
- Spice Up Your Meals to Improve Heart Health
- Health Challenge: Eat a Healthy Breakfast
- Ask the Wellness Doctor: What should I do to protect my skin from the sun?

---

## POINTS SUBMISSION DEADLINE



**DEADLINE**

Don't forget... Activity and Non-Activity Points earned May - July 2018 must be submitted by **Friday, August 10, 2018.**

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

---

City of Kettering | (937) 296-2400 | [EmployeeWellness@ketteringoh.org](mailto:EmployeeWellness@ketteringoh.org) |

Be Well Bulletin - Kettering Employee Wellness Program e-newsletter | [www.ketteringoh.org](http://www.ketteringoh.org)