



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

DEADLINE

POINTS SUBMISSION DEADLINE

Don't forget! Activity and Non-Activity Points earned **May - July 2018** must be submitted by **this Friday, August 10, 2018!** [Learn more here.](#)

SUBMIT ONLINE

PRINT PAPER VERSIONS



FIVE FOR FIVE CHALLENGE

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

can earn you not only entries in the \$100 drawing, but 10 Non-Activity Points, and a chance at winning \$50 from a smaller pool of people. To register, [click here](#).

If you've already registered, sit tight. You will be getting a participant email next week with serving size details and the weekly log sheet. Questions? Contact [Lindsey Patrick](#).

CPR/FIRST AID TRAINING

The Fire Department will now be offering a First Aid Course in addition to the CPR Training. You can earn **15 Non-Activity Points** for participation in these courses offered at Fire Headquarters (4745 Hempstead Station Drive). Class size is limited. Please contact [John Moore](#) (937.296.3385) to register.

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)

BLOOD PRESSURE SCREENING



The next FREE blood pressure screening will be **Tuesday, August 21st** from **11:30AM to 1PM** in the Lobby at the Kettering Fitness & Wellness Center.

This is worth 5 Non-Activity Points.

MARK YOUR CALENDAR

August 10:
Points Deadline
(Submit May - July
Points)

August 13:
CPR Course
(9AM, KFD
Headquarters)

August 20:
Challenge Begins
[\("Five for Five"
Challenge\)](#)

August 21:
Blood Pressure
Screening
(11:30AM, KFWC)

September 7:
[Free Friday](#)
(Drop-In Exercise,
PRCA Facilities)

September 28:
CPR & First Aid
Course
(1PM, KFD
Headquarters)

September 30:
Challenge Ends
("Five for Five"
Challenge)

October 2:
Lecture Viewing
Deadline
[\("Ergonomics"
Lecture\)](#)

KETTERING HEALTH NETWORK'S WELLNOTES



This month's edition features:

- The Curious Thing About Zucchini
- The Drink That Will Save Your Life
- 3 Simple Ways to Reduce Stress with Mindfulness
- Health Challenge: Make Exercise a Daily Habit
- Ask the Wellness Doctor: What

[BAKED ZUCCHINI CHIPS](#)

Put down the bag of chips and step away from the counter. The typical munch-and-crunch, one-bag-in-one-sitting plan isn't exactly healthy. Did you know you can make your own chips?

[Give this healthier, tastier version a try!](#)

foods help control blood sugar levels?

[READ WELLNOTES](#)

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 (937) 296-2446 or lindsey.patrick@ketteringoh.org.



The City of Kettering's Employee Wellness Program is recognized by the Healthy Business Council of Ohio with a Gold Award in recognition of operating a healthy workplace. This award is provided to Ohio employers who demonstrate a commitment to employee wellness through comprehensive worksite health promotion and wellness programming.

did you know?



All Wellness Lectures with view date deadlines are posted online!

[WELLNESS LECTURES](#)

All Wellness information - forms, online points entry, past Be Well Bulletins, and much more - can be found on the City's Website!

[EMPLOYEE WELLNESS PAGE](#)



KETTERING

is home

The City of Kettering invites people with disabilities to enjoy our programs, services, parks, and facilities.

For more information about accessibility or to request a modification, please call 937-296-2412.

City of Kettering, Ohio | 937.296.2446 | lindsey.patrick@ketteringoh.org | www.ketteringoh.org/wellness-program

STAY CONNECTED

