



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.

ANNUAL HEALTH SCREENINGS & HEALTH RISK ASSESSMENTS

The new wellness year is quickly approaching, which means it's time for [annual biometric screenings and online health risk assessments](#)... and free fitness passes! All full-time employees and part-time firefighters are eligible to participate.

Screenings will be held at Trent Arena from 6:30AM - 10:00AM on:

Wednesday, October 31st
Friday, November 2nd
Monday, November 5th
Monday, November 12th

[This flyer](#) has more details including registration information. Remember, you must complete both the screening and assessment, to receive your **FREE** fitness pass (valid through 11/30/19) **and** 15 Non-Activity Points!

[SCHEDULE ONLINE](#)

[CALL \(937\) 558-3988](#)



WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Ryan Davis for being selected as August's Wellness Employee of the Month!

On August 12, Ryan successfully completed the IRONMAN 70.3 in Benton Harbor, Michigan.

What is the Ironman? It's a 1.2 mile swim, 56 mile bike ride, and 13.1 mile run. Can you imagine getting through ALL that in one day? That's a lot. [But, Ryan got through it.](#) Just like he got through heart disease... and brain cancer... all within the last three years of his young life.

How did he do it you might ask? Ryan knows the meaning of commitment, hard work, and dedication. Read more about

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.

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)



KETTERING FIREFIGHTERS LOCAL 2150 5K RUN/WALK

The Kettering Firefighters Local 2150 is hosting their second annual [5K Run/Walk for Charity](#) at Fire Headquarters on **Saturday, October 13th at 9AM.**

All proceeds will benefit charities Local 2150 supports within the community (Adopt-a-Family and Operation Warm).

Check out [this flyer](#) for more information. Additional race details and registration is available [here](#).

GIVING BACK TO THE VETERAN COMMUNITY

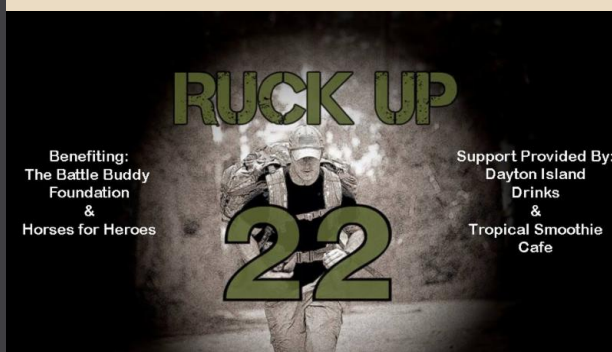
HONOR FLIGHT DAYTON 5K RUN/WALK

The 2018 [Honor Flight Dayton 5K Run/Walk](#) will be held at the Fraze Pavilion on Saturday, November 10th. What a great event to participate in right here in the community we serve. The Kettering Police Department is invested in this program encourages all city personnel to participate. Contact Sgt. [Jeff Perkins](#) (296.2518) for more information, or register for the 5K Run/Walk [here](#).



RUCK UP 22

Interested in participating in the 2018 [Ruck Up 22](#) event on Saturday, October 20th? This is a 22 mile march to raise awareness for veteran suicide. Anyone can participate (as little or as much of the hike you want) or donate to the Battle Buddy Foundation or Horses for Heroes (Autumn Trails Stable)! KPD has a goal of getting at least 22 people committed to



participating - 15 have signed up! If you are interested, please contact Officer [Shiloh Colon](#) (296.2555) or register [here](#).

LECTURE WINNER

Were you the latest Wellness Lecture Winner? [Click the \\$50 Bill to find out!](#)

When you participate in the Wellness Lectures, you earn 10 Non-Activity Points and get entered in a \$50 drawing!



BLOOD PRESSURE SCREENING

The next FREE blood pressure screenings will be Friday, September 14th at 3PM in the Courts Building and Thursday, September 20th from 11:30AM to 1PM in the Lobby at the Kettering Fitness & Wellness Center.

Screenings are worth 5 Non-Activity Points.

MARK YOUR CALENDAR

September 20:
Blood Pressure Screening
(11:30AM - 1PM, KFWC)

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

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

October 13:
[Local 2150 5K Run/Walk for Charity](#)
(9AM, Fire Headquarters)

October 20:
[RuckUp22](#)
(7AM, Taylorsville Dam - 2000 US-40, Vandalia)

October 22:
CPR Training (9AM, KFD Headquarters)

October 31:
[Annual Health Screenings](#)
(6:30AM - 10AM, Trent Arena)

November 2:
[Annual Health Screenings](#)
(6:30AM - 10AM, Trent Arena)

November 5:
[Annual Health Screenings](#)
(6:30AM - 10AM, Trent Arena)

November 10:
Points Deadline (Submit August - October Points)

November 10:
[Honor Flight Dayton 5K Run/Walk](#)
(11AM, Fraze Pavilion)

November 12:
[Annual Health Screenings](#)
(6:30AM - 10AM, Trent Arena)

KETTERING HEALTH NETWORK'S WELLNOTES

This month's edition features:

- 7 Ways to Eat More Fruits & Veggies
- Your Mission: 10,000 Steps a Day
- The Truth About E-Cigarettes and Heart Health



[TOMATO WATERMELON SALAD](#)

Want to enjoy the summer season a little longer? This easy salad is just the thing. It only takes about 15 minutes to make. Make it with fresh produce. It's packed with vitamins, nutrients, antioxidants, and plenty of flavor.

[Give it a try!](#)

- Health Challenge: Sleep On It - Aim for 7 to 8 hours of sleep a night
- Ask the Wellness Doctor: What are the health benefits of walking?

[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](#)



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

