



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.

## SKIN CANCER SCREENINGS

The Employee Wellness Program along with Kettering Health Network will be hosting full body Skin Cancer Screenings on **Monday, April 8th from 8AM to 12PM** and **Wednesday, April 10th from 8AM to 5PM** at the Kettering Sports Medicine Facility (4403 Far Hills Ave). These screenings are worth **10 Non-Activity Points** and are **FREE** to full-time employees and part-time Firefighters.

**Appointments (15 minutes) are required and your promptness is crucial in this being a successful event for all eligible employees.**

Anyone can get skin cancer, regardless of skin color. It is estimated that one in five Americans will be diagnosed in their lifetime. When caught early, skin cancer is highly treatable. For more information, visit <https://www.aad.org/public/spot-skin-cancer>.

To [schedule an appointment](#) with a KHN healthcare specialist for a full body screening that will help identify potential signs of skin conditions, [click here](#). You may also call (937) 558-3988 to schedule an appointment.



**WATCH NOW!**

## STRESS DETOX

The February Wellness Lecture, "Stress Detox" is now available [online](#) and DVDs will be circulated to departments this week. Watch this lecture by May 8th in order to receive 10 Non-Activity Points... don't forget to submit a [Non-Activity Points Form](#)! When your Wellness Representative signs off on the form, ask them to submit your name for the \$50 cash drawing!

## DAYTON BATTLE OF THE BUSINESSES 2019

Looking for a fun way to earn Activity Points,

build relationships, meet new people, and support a good cause? Then sign-up to join the City of Kettering's [Battle of the Businesses](#) Team to support the Special Olympics!



The Battle of the Businesses is a week long competition (June 1 - June 8) between over thirty Dayton-area businesses. Last year, the City of Kettering had two teams consisting of employees from a variety of departments!

Co-ed events include volleyball, bowling, swimming/inner-tube race, miniature golf, tug-of-war and a field day with all types of activities. Need a visual of this fun? Go to the ["Dayton Battle of the Businesses" Facebook page](#) to see pictures from prior years... what Kettering faces do you know? Whether you are athletically talented or just looking for a fun time, this is a great opportunity!

If you are interested in participating in one (or more) of these events or would like more information about participating, please email [Val Oswalt](#) or [Arlinda Coleman](#) soon! They would like to have teams finalized by the end of March.

---

## WELLNESS CHALLENGE STARTS APRIL 1ST



Do you feel like you could use more focus and attention in your life? Would you like to have less anxiety and more patience? Then this new Wellness Challenge is for you! From **April 1 through May 12**, participate in the "[Meditate Your Way to a Better You](#)" challenge. To register, [click here](#).

This challenge starts by asking you to carve out 5 minutes a day (for at least five days a week) to sit in silence. Each week, you'll add one minute, so at the end of the challenge, you'll be devoting 10 minutes a day (five days a week). If you complete the challenge you will be awarded **10 Non-Activity Points and a chance at [winning a prize basket!](#)** Take a peek at the goods, [here!](#)

Now, before you roll your eyes and move on, hear us out.

Meditation has a lot of negative stereotypes attached to it, but a ton of scientific evidence that points to the real benefits for real people who practice on a daily basis. It takes less than ten minutes to watch these two videos on [what meditation is](#) and [how to do it](#). These videos will likely change your perspective.

Ready to [register](#) now?

---

## BLOOD PRESSURE SCREENING

The next FREE blood pressure screening will be



Thursday, March 21st from 11:30AM to 1PM in the Lobby at Kettering Fitness & Wellness Center.

Screenings are worth 5 Non-Activity Points!

## WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Anna Breidenbach (City Manager's Office) for being nominated and selected as March's Wellness Employee of the Month! [Read Anna's nomination here.](#)



Know someone who deserves a nomination and \$50 reward? Please submit your nomination to [Lindsey Patrick!](#)

## WELLNESS MINI - LECTURES

The American Heart Association focuses on seven steps you can take to make a difference in your health through Life's Simple 7: control cholesterol, manage blood pressure, reduce blood sugar, stop smoking, lose weight, get active, and eat better.



This "Mini-lecture" is worth 3 Non-Activity Points. After viewing, complete a [Non-Activity Points Form](#) and have your [Wellness Representative](#) initial the form for validation. It is your responsibility to submit the completed form and track how many mini-lectures you have viewed. To access all Mini-Lectures, go to [www.ketteringoh.org/watch](http://www.ketteringoh.org/watch).

## CPR/FIRST AID TRAINING

Participate in the Fire Department's CPR and First Aid Training and you'll earn **15 Non-Activity Points**. Courses are offered at Fire Headquarters (4745 Hempstead Station

Drive). Class size is limited. Register with [John Moore](#) (937.296.3385).

Friday, 3/15 - 1PM (CPR & First Aid)  
Monday, 4/15 - 9AM (CPR Only)  
Monday, 5/6 - 4PM (CPR & First Aid)  
Monday, 5/13 - 4PM (CPR & First Aid)  
Wednesday, 6/19 - 1PM (CPR Only)

---

## MARK YOUR CALENDAR

**March 15:**  
CPR & First Aid Training  
(1PM, KFD Headquarters)

**March 21:**  
Blood Pressure Screening  
(11:30AM, KFWC Lobby)

**April 1:**  
Wellness Challenge Begins  
"Meditate... to a Better You!"

**April 8:**  
Skin Cancer Screenings  
(8AM-12PM, Kettering Sports  
Med)

**April 10:**  
Skin Cancer Screenings  
(8AM-5PM, Kettering Sports  
Med)

**April 15:**  
CPR Training  
(9AM, KFD Headquarters)

---

## KETTERING HEALTH NETWORK'S WELLNOTES



### [BROCCOLI ALFREDO](#)

Eat more whole grains and leafy-green veggies. You've heard the advice before, but what if you combine the two and make something tasty and healthy? Check out this recipe for the answer. This filling main dish includes broccoli, whole-wheat pasta, and low-fat alfredo sauce.

[Give it a try!](#)

### This month's edition features:

- A Pinch More "Green" for Your Health
- Give Your Gut Some Love: 8 Ways to Improve Digestion
- Use Your Muscles: 4 Reasons Stronger is Better at Any Age
- Health Challenge: Strengthen Social Bonds - Make time to connect with others
- Ask the Wellness Doctor: What can I do to fall asleep faster?

[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](mailto: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 are posted online!

[LIVE LECTURES](#)

[MINI - 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](mailto:lindsey.patrick@ketteringoh.org) | [www.ketteringoh.org/wellness-program](http://www.ketteringoh.org/wellness-program)

STAY CONNECTED

