



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.

FINANCIAL WELLNESS WORKSHOP

The Employee Wellness Program has partnered with Wright-Patt Credit Union to bring a [Finances in Focus Program](#) onsite! This FREE 5-Week Program is available to Full-Time Employees, Part-Time Firefighters, and spouses!

A Certified Financial Counselor will help you:

- Identify your personal financial flexibility and freedom score
- Set and prioritize personalized financial goals
- Learn how to budget, spend, and save wisely
- Understand the ins and outs of credit and debt management
- Evaluate insurance options and long-term needs

Money Magnifier Wright-Patt Credit Union, Inc.
Your Future In Focus

Join Wright-Patt Credit Union for the **Finances in Focus Program** In partnership with CITY OF KETTERING EMPLOYEE WELLNESS PROGRAM
Exclusively for City of Kettering employees, firefighters and spouses.

- Identify your personal financial flexibility and freedom score
- Set and prioritize personalized financial goals
- Learn how to budget, spend and save wisely
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NEW 5-Week program!

Wednesday Afternoons Time: 12:00 pm - 1:00 pm When: May 22 to June 19, 2019 Where: 3600 Shroyer Rd. N. Bldg., Virginia Room	Wednesday Evenings Time: 5:30 pm - 6:30 pm When: May 22 to June 19, 2019 Where: 4745 Hempstead Station Dr. Fire HQ, Community Room
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Register Today: surveymonkeys.com/r/HRBMYW6

Registration includes all five sessions, materials, light refreshments and weekly prize drawing entries.

Save Better. Borrow Smarter. Learn A Lot! NOVA

The classes will meet for one hour on Wednesdays (5/22, 5/29, 6/5, 6/12, and 6/19). Choose between the lunchtime class (12-1PM, North Building Virginia Room) or evening class (5:30-6:30PM, Fire Headquarters Community Room)!

[Registration](#) is FREE and you do not have to be a member of WPCU to participate. [Click here to register.](#) Employees who attend all five classes will receive **15 Non-Activity Points**.

Questions? Contact [Lindsey Patrick](#) or call 937.296.2446.

UPCOMING LIVE WELLNESS LECTURE: "GET APPY"

Smart Phones, Trackers, and Apps... Oh my! Try this! Have you heard of that? There are so many apps out there to help you stay on track with wellness and nutrition, but sometimes it can be overwhelming!

Come to Council Chambers on **Tuesday, May 7th at 11:30** to hear a Kettering Health Network professional present "Get Appy". Learn how to use and manage the best wellness and nutrition apps out there!

This live lecture is worth 10 Non-Activity Points and entry in a \$50 drawing. The lecture will be posted [online](#) and DVDs will be distributed to departments at a later time.



BLOOD PRESSURE SCREENING

The next FREE blood pressure screening will be **Thursday, April 18th 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 Kevin Kavanaugh (Police) for being nominated and selected as April's Wellness Employee of the Month! [Read the nomination here.](#)

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



WELLNESS MINI - LECTURES

Yes, healthy eating matters to you. And yes, your life is crazy. Could meal kits delivered to your door make your life simpler -- and tastier? What happens after you open the box? How hard is it to follow the recipes? Watch this mini-lecture to take the mystery out of meal kits!



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.

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).

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

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

April 15:
Skin Cancer Screenings
(8AM-5PM, Kettering Sports
Med)

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

April 18:
Blood Pressure Screening
(11:30AM, KFWC Lobby)

May 6:
CPR & First Aid Training
(4PM, KFD Headquarters)

May 7:
Live Wellness Lecture
(11:30, Council Chambers)

May 8:
Lecture Viewing Deadline
(["Stress Detox"](#))

May 10:
Deadline to Submit Points
(February - April)

May 12:
Wellness Challenge Ends
(Meditation Challenge)

May 13:
CPR & First Aid Training
(4PM, KFD Headquarters)

May 21:
Blood Pressure Screening
(11:30AM, South Building Lobby)

May 22:
[Finances in Focus](#)
(12PM or 5:30PM)

KETTERING HEALTH NETWORK'S WELLNOTES



[SOUTHWESTERN QUINOA BREAKFAST BOWL](#)

Hungry for breakfast? Skip the donuts and sweet cereal. IT takes just a few minutes to cook this tasty and health meal!

This month's edition features:

- Eat This for Breakfast to Curb Hunger, Improve Health
- Drop and Give Me 20: Pushup Power Improves Health
- To Drink or Not to Drink? The Right Mix for Health and Happiness
- Health Challenge: Give Your Brain a Workout

[Give it a try!](#)

- Ask the Wellness Doctor: What can I do to control allergy and asthma symptoms at home?

[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 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](#)

 **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

