



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.

MEDITATION CHALLENGE

37 Employees registered for the Meditation Challenge and 19 Employees who completed it! By the end of the challenge, these individuals were meditating for at least 10 minutes a day, five days a week! Many said they enjoyed the challenge and will continue incorporating meditation into their day.

Congrats to prize winner, Melissa Sherwood (PRCA Facility Coordinator)!



LECTURE WINNER

Were you picked as the \$50 Winner of the "Stress Detox" Lecture Prize Drawing? Click on [the fifty](#) to find out!

NATIONAL BIKE TO WORK DAY

This group of employees represented the City of Kettering on May 17th for National Bike to Work Day:

Shauna Lewallen (PRCA), Brad Walwer (Engineering), Chad Ingle (Engineering), Jeremy Cox (Engineering), Mike Zink (Engineering), Andy Aidt (Administrative Systems), and Ryan Davis (PRCA)



Save the date and join them next year!



BLOOD PRESSURE SCREENING

The next FREE blood pressure screening will be from **3:00-4:30PM on Tuesday, June 18th** at the Vehicle Maintenance Center (2800 Acorn Drive). Screenings are worth 5 Non-Activity Points!

WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Judith Deady (Law) for being nominated and selected as June'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 LECTURE

The May Live Lecture "[Get Appy](#)" is available for viewing! Take the time to hear KHN Representative, LeaAnn Dick discuss some of the best apps for fitness and wellness. View by July 8 for 10 Non-Activity Points and a chance at winning \$50!



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 form. Also ask your [Wellness Representative](#) to submit your name for the drawing!

To access Mini-Lectures (3 Non-Activity Points), 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 Dr). Class size is limited. Register with [John Moore](#) (937.296.3385).

STRAVA APP

Are you interested in joining a private online running and walking and/or cycling group composed only of City of Kettering employees? Download the Strava App (or create an account online at www.strava.com) and search for "City of Kettering Employee Wellness Group".



The purpose of the group is to offer motivation, build relationships, share progress & tips, and perhaps a sprinkle of friendly competition!

Questions? Contact [Dustin Sprague](#) in VMC! He manages this online community!

MARK YOUR CALENDAR

June 18:
Blood Pressure Screening
(3PM, VMC)

June 19:
CPR Training
(1PM, KFD Headquarters)

July 8:
Lecture Viewing Deadline
(["Get Appy"](#))

July 18:
City Picnic
(11AM, Polen Farm)

July 18:
Blood Pressure Screening
(11:30AM, Polen Farm)

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

KETTERING HEALTH NETWORK'S WELLNOTES



[STUFFED MUSHROOMS](#)

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

[Give it a try!](#)

This month's edition features:

- Red Meat Rules: Eat Less to Live Longer
- Want to Be Happy? Take a Break from Social Media
- Track It: The Smartphone Way to Get Moving
- Health Challenge: Protect Your Head
- Ask the Wellness Doctor: What kind of shoes should I wear for exercise?

[READ WELLNOTES](#)



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



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.

STAY CONNECTED

