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[EMPLOYEE WELLNESS PAGE](#)

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.

September 9, 2020

FREE FLU VACCINATIONS



The Employee Wellness Program has partnered with Rite Aid to offer [FREE Flu Vaccines](#) to **ALL ACTIVE** Full-Time, Part-Time, Elected Officials, Seasonal, Temporary, and Contractual City of Kettering Employees.

NEXT WEEK, Rite Aid Pharmacists will administer the quadrivalent vaccine at various dates, times, and locations throughout the City.

[Appointments are required.](#) Three appointments will be held every 15 minutes. It is strongly encouraged for employees to schedule an appointment when the Pharmacist is at their assigned worksite/department.

Government Center (Mezzanine)

Monday, September 14th - 7AM-10AM
Tuesday, September 15th - 11AM-3PM



Police Department (Bobbie Place - Bay Area)

Monday, September 14th - 11AM-1PM and 9PM-10PM
Friday, September 18th - 11AM-1PM and 9PM-10PM

Public Service/VMC/Facilities (Public Service Lunchroom)

Tuesday, September 15th - 7AM-10AM and 8PM-9PM

Parks Maintenance (Valleywood Side Bay)

Wednesday, September 16th - 7AM-9AM

Kettering Recreation Center (Lathrem Senior Center)

Wednesday, September 16th - 10AM-2PM

Municipal Court (Jury Room 3)

Friday, September 18th - 2:30PM-4:30PM

If you are unable to coordinate your schedule with the day(s)/time(s) the Pharmacist is at your location, you may schedule at another location. Please review the [Vaccination Protocol](#).

To register for a flu vaccination, click the "Make an Appointment" button or [click here](#).

WELLNESS CHALLENGE: IMMUNITY BOOST

Register

Are you ready to gear up to combat germs and viruses with this brand new Wellness Challenge - [Immunity Boost](#)? This six-week challenge will take place September 14 - October 25.

[Register](#) by clicking the button or go to <https://www.surveymonkey.com/r/TZV8Q9J>.

The focus of this challenge is to boost your immunity through the benefits of water, sleep, and fruits & veggies. [Take a look at the flyer for details](#). Each day you can earn up to 3 Immunity Boost Points! Each week a Bonus Point opportunity will be announced.

Three \$125 cash awards will be provided to the three participants with the highest points. If there is a tie, winners will be drawn at random.

If you have questions, please contact [John Moore](#) or speak to your [Department Wellness Representative](#).

KETTERING HEALTH NETWORK'S WELLNOTES



[BANANA-KIWI SALAD](#)

Forget about serving fruit salad from a can. This mixture of fruit with vinaigrette dressing has just the right amount of tropical-island zing to make you say, "yum".

[Give this recipe a try.](#)

This month's edition features:

- America's Got High Cholesterol: 6 Ways to Protect Your Health
- 4 Reasons COVID-Weight Gain is Up + Tips to Keep It Down
- Munch & Crunch: This Green-Speared Veggie is Worth the Wait
- Health Challenge: Practice Healthy Aging Habits
- Ask the Wellness Doctor: What are the health benefits of drinking water?

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 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.

STAY CONNECTED

