



SPRING 2009 PROGRAMMING

REGISTRATION REQUIRED for many of the following programs.

Please go to www.wku.edu/wellness for more information and to register.

Weight Watchers @ WKU

- Achieve and maintain a healthy weight through healthy lifestyle changes facilitated by this successful program.
- Open House for new series is **February 17**; however, employees can join the current series at any time at a prorated rate.
- Meetings **Tuesdays 11:15am - 12:15pm in DUC 349.**

Cooper Clayton Smoking Cessation class

- 13-week class runs **January 12 through April 6.**
- Become smoke free with this proven program that uses nicotine patch, gum or lozenge; education; & group support.
- **Mondays 10:45-11:45am in Facilities Management Conference Rm, PS1.**

Tai Chi Easy™ Relaxation & Revitalization classes

- Practice Tai Chi Easy™ and other relaxation techniques to quiet the mind, relax the body & cultivate vitality.
- **Wednesdays 12:30-1:30pm** and **Thursdays 4:40-5:40pm** in Garret Conference Center Rm100.
- **Fridays 4:40-5:40pm** in Health Services Building Training Rm (enter door on Bemis Lawrence Hall side of building).
- No classes on 2/6, 2/12, 3/5, 3/12, 3/26, 4/16, 4/17, 4/22, & 4/23.

Fruits & Veggies Matter Healthy Eating Challenge and Healthy Cooking Demonstrations

- Track your fruit & veg consumption for 4 weeks; challenge yourself to eat the recommended daily amount for good health.
- Program runs February 9 through March 8.
- Weekly prize drawings and prize for everyone who completes the program.
- Demonstrations: by Consumer & Family Sciences: Feb 9 & 23 at 4:45pm in AC 202.
by WKU Restaurant & Catering: tentatively Feb 19 & Mar 5 in Fresh Food Cupola Rm. 11:30a - 12:15p.

Living Well Workshops for Chronic Health Conditions Self-Management

- For people or caretakers of people with chronic health conditions. Design a self-management program for the condition.
- Six-week series runs March 3 through April 7. Meetings Tuesdays 4:40 - 6:40pm in Wetherby G-23.

Health Risk Prevention Trifecta and Blood Draw Health Screening

- Health Risk Assessment available starting mid-March through April 3.
- 8th Annual Employee Health Fair Friday, April 3, 7:30am - 11:00am.
- HRA follow-up sessions in April & May.
- *Complete all three above activities to earn the wellness incentive.*
- Free blood draw health screening (including glucose and lipid panel) during Spring Break week and Health Fair.

Physical Activity Resources

- Check out the Health & Fitness Lab's *New Year New You* fitness package and other programs (see web address below).
- + Join residents of Bowling Green in seeing how many physical activity minutes we can achieve together in 2009.
- Go to <http://www.energizebg.com/> for more information and to start tracking your physical activity minutes.

Chess Club --for cognitive health

- Chess helps improve memory, boost cognitive functioning, and prevent Alzheimer's disease.
- Beginning January 26, meetings are Mondays 6 - 9pm in the Faculty House. Contact: Dr. Dale Rigby.

Other Health-Related Resources Available to WKU Employees Include:

- Human Resources www.wku.edu/Dept/Support/HR
 - Employee Training.
 - Employee Assistance Program through ComPsych/Guidance Resources.
- Health and Fitness Lab www.wku.edu/healthfitnesslab/
 - Fitness consultations, assessment and prescriptions; personal training; group fitness classes; and massage therapy.
- Preston Center/IM-Rec Sports www.wku.edu/IMRec
 - Multi-purposse recreational facility; intramural sports and sports clubs.
- WKU Health Services www.wku.edu/healthservices/
 - Primary and urgent care services for students, employees and community.