



SCC Wellness Committee

Wellness Newsletter

April 2009 Issue

April is Cancer Control Month

Join the fight against cancer by becoming a member of the SCC Southwestern Sizzlers and being a part of Relay for Life of Jackson County. To donate your time or money, visit http://main.acsevents.org/site/TR?pg=entry&fr_id=13156

Learn more about cancer on the American Cancer Society Web site at <http://www.cancer.org/docroot/home/index.asp?level=0>



Upcoming Wellness Programs

Workshop: **Healthy for Four Seasons**
Benefits of Oriental Medicine
Speaker: **Kim Leibowitz, L.Ac, HHP**
Date: **March 31, 2009**
Time: **4:00 p.m.**
Location: **Room 256, Balsam Center**

Book Club: ***A New Earth*, Eckhart Tolle**
Date: **April 13, 2009 & April 27, 2009**
Time: **Noon – 1:00 p.m.**
Location: **TBA**

A New Earth was previously chosen for Oprah's Book Club. For more information, or to watch one of the episodes, visit <http://www.oprah.com/index> and click on *A New Earth* under the Book Club tab.

Do You Know Your RealAge®?

You know how old you are based on your date of birth but do you know if your lifestyle is actually making you older (or younger) than your chronological age? Take the RealAge® test to find out. You will also receive suggestions to improve your health and lower your RealAge®.

Want to exercise your brain? RealAge® offers fun (and free) "Brain Games" like Sudoku, Memory Matrix, Daily Word Search, and more!

Visit <http://www.realage.com/index.aspx>

Wellness Web Site of the Month:
<http://www.yogajournal.com/>

Feeling Stressed, Tired, Overworked?



Treat yourself to an hour, full-body, Swedish massage for only \$20*!

The SCC Massage Therapy Clinic will be offering massages through the month of April. To make an appointment, call 586.4091, ext. 216.

Massages are given on Tuesdays, 12:00 – 4:00 p.m.; and on Thursdays, 12:00 – 4:00 p.m. and 5:30 – 9:30 p.m.

**Price of massage is for SCC employees; massages are \$15 for students and \$25 for community residents.*

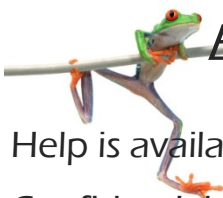
Celebrate Earth Day 2009



Earth Day is April 22, 2009. However, there are many ways you can celebrate Earth Day all year. One way is to reduce your carbon footprint at home. By making the following simple changes, you will not only improve the environment today but you will also improve the environment for future generations.

- ✿ Replace incandescent light bulbs with energy star bulbs
- ✿ Run your dishwasher only when it's full
- ✿ Weatherize and insulate your home; replace single pane windows with double pane windows
- ✿ Wash your clothes using cold water
- ✿ Turn off lights when you leave a room; turn off or unplug electronics when not in use
- ✿ Keep your water heater insulated and the thermostat at or under 120°

For more ways to reduce your carbon footprint, visit www.earthday.net



Ever feel like you are barely holding on?

Help is available through the Western Employee Assistance Network, Inc.

Confidential services are provided free of charge to full-time employees.

Call 828-399-0134 to schedule an appointment or speak with a counselor.

12 Easy Ways to Enjoy Activity at Work!

1. **Wear a pedometer at work.** Since every step counts, wearing a pedometer is wonderful motivator to move more during your workday.
2. **Walk around the office.** There's no need to sit still while you talk on the phone or think. Pacing and fidgeting are physical activity.
3. **Walk around the building.** Sometimes a face-to-face talk is the best way to communicate (and it gets you up and moving around).
4. **Walk up (and down) the stairs.** If you have a choice, always take the stairs. If you have stairs, take as many trips up and down as possible.
5. **Walk around the block.** Got a coffee break? Got a few free minutes? Take a walk outside and get some fresh air (and extra steps).
6. **Walk and talk.** Need to discuss something with a co-worker? A walking meeting can be more productive and healthier too!
7. **Lift weights while you talk.** Keep a weight near the telephone; pick it up when you get a call and pump your arms while you talk.
8. **Take a weight break.** Feeling tired and bogged down? Take five minutes to lift your hand weights and get your blood flowing.
9. **Work your abs.** You can strengthen tummy muscles while sitting in a chair. Sit straight, tighten muscles and release. Repeat.
10. **Stretch your arms and legs.** Stuck at your desk? Use a resistance band for a five minute stretch. Your mind and body will be more flexible.
11. **Stretch your stress away.** Tension in your shoulders, neck and back is easy to release with standing stretches and a resistance band.
12. **Check your pedometer.** How many steps do you take during a typical workday? Any ideas for adding a few more steps here or there?

