



Enloe's Wellness Program 2012

January through March	April through June	July through September	October through December
Nutrition and Weight Management	Keep Moving	Fitness	Stress Management
<p>JANUARY January 2 – February 13 - Biggest Loser Contest For information, see Inside Enloe or email fit4life@enloe.org.</p> <p>FEBRUARY February 1 – May 30 - Weight Watchers at Work Wednesdays at 4:30 p.m. at the Enloe Conference Center</p> <p>Mindfulness Based Stress Reduction Programs Steve Flowers, MFT. CE's offered. For more information contact Steve Flowers @ 530-898-1495 or www.mindfullivingprograms.com January 24 – March 12, 2012 retreat day – March 5</p> <p>MARCH March 13 - Healthy Cooking Demonstration Noon to 1 p.m. Allspice Cafe</p>	<p>APRIL April 4 – May 2 - National Walking Challenge Start! walking now! For more information, see Inside Enloe or email fit4life@enloe.org.</p> <p>MAY May 1 – 31 - Bike to Work Business Challenge To join the Enloe team, contact Bryan Slinkard at 332-6732 or email bryan.slinkard@enloe.org.</p> <p>Mindfulness Based Stress Reduction Programs Steve Flowers, MFT. CE's offered. For more information contact Steve Flowers @ 530-898-1495 or www.mindfullivingprograms.com May 8 – June 30, 2012 retreat day – June 16</p> <p>May 11 – 18 - Caregivers Week</p> <p>JUNE Walk, run, jump - Keep Moving</p>	<p>JULY Enjoy your "wellness" vacations.</p> <p>AUGUST August 1 – September 12 Healthy Habits Challenge This challenge encourages having fun with healthy eating and daily exercise. To join the challenge and find out more, visit Inside Enloe or email fit4life@enloe.org.</p> <p>SEPTEMBER Smoking Cessation information Visit Inside Enloe for more information.</p> <p>Mindfulness Based Stress Reduction Programs Steve Flowers, MFT. CE's offered. For more information contact Steve Flowers @ 530-898-1495 or www.mindfullivingprograms.com September 18 – November 6, 2012 retreat day – October 27</p>	<p>OCTOBER Managing Holiday Stress by Steve Flowers Includes a stress risk assessment. CE's offered. October 9 - 12 to 1 p.m. Enloe Conference Center, Rm 101 October 9 - 4:30 to 5:30 p.m. Enloe Conference Center, Rm 101</p> <p>NOVEMBER November 14 - Benefits and Wellness Fair Massage, EAP Vendor, Relaxation Techniques and more great wellness topics and activities.</p> <p>DECEMBER Happy Holidays!</p>

THROUGHOUT THE QUARTER

<p>Lunch and Learn</p> <ul style="list-style-type: none"> • How to Read Food Labels • Managing Your Weight • Ten Steps to Eating Healthier <p>For information or to schedule a 30 minute Lunch and Learn presentation in your department, email fit4life@enloe.org.</p> <p>Fit 4 Life Circuit Training See Inside Enloe/Employee Resources/Health and Safety for video of exercises.</p> <p>Personal Wellness Profile Assess your health status – first 100 Enloe Caregivers receive free profile. Available for a fee of \$20. For more information, see Inside Enloe or email fit4life@enloe.org.</p>	<p>Lunch and Learn</p> <ul style="list-style-type: none"> • Balance Education • Basic Circuit Training • Stretching at the Office <p>For information or to schedule a 30 minute Lunch and Learn presentation in your department, email fit4life@enloe.org.</p> <p>Fit 4 Life Circuit Training See Inside Enloe/Employee Resources/Health and Safety for video of exercises</p> <p>Personal Wellness Profile Assess your health status. Available for a fee of \$20. For more information, see Inside Enloe or email fit4life@enloe.org.</p>	<p>Lunch and Learn</p> <ul style="list-style-type: none"> • Diabetes and Exercise • Cancer Prevention • Create a Personalized Fitness Program <p>For information or to schedule a 30 minute Lunch and Learn presentation in your department, email fit4life@enloe.org.</p> <p>Fit 4 Life Circuit Training See Inside Enloe/Employee Resources/Health and Safety for video of exercises</p> <p>Personal Wellness Profile Assess your health status. Available for a fee of \$20. For more information, see Inside Enloe or email fit4life@enloe.org.</p>	<p>Lunch and Learn</p> <ul style="list-style-type: none"> • Aging with Grace • Learn How to Control Your Stress • Understanding and Identifying Depression <p>For information or to schedule a 30 minute Lunch and Learn presentation in your department, email fit4life@enloe.org.</p> <p>Fit 4 Life Circuit Training See Inside Enloe/Employee Resources/Health and Safety for video of exercises</p> <p>Personal Wellness Profile Assess your health status. Available for a fee of \$20. For more information, see Inside Enloe or email fit4life@enloe.org.</p>
---	---	---	--

FINANCIAL WELLNESS Presented by Valic • Seminars are held at the Enloe Conference Center

<p>January 12 – The Advantage of Managed Investments and GPS 12 p.m. to 1 p.m., Room 101</p> <p>February 21 – IRA 12 p.m. to 1 p.m., Planetree Room</p> <p>March 14 Tax Planning 6:30 p.m. to 7:30 p.m., Planetree Room</p>	<p>April 19 – Cash Management and Budgeting 12 p.m. to 1 p.m., Planetree Room</p> <p>May 23 – Identity Theft 6:30 p.m. to 7:30 p.m., Planetree Room</p>	<p>September 18 - Retirement Income Strategies 12 p.m. to 1 p.m., Planetree Room</p>	<p>October 24 – GPS and The Advantage of Managed Investments 12 p.m. to 1 p.m., Planetree Room</p> <p>November 15 – Estate Planning 12 p.m. to 1 p.m., Room 108</p>
--	---	---	---