

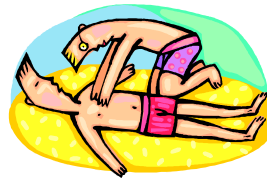
Faculty/Staff Wellness Program Guide - April 2009

National Health Observances – Look for links on the website (see web address above and bookmark it!)

- **Alcohol Awareness Month** – 20% of Americans are binge drinkers. 13 million are heavy drinkers.
- **SafeKids Week** – Over 800 children drown annually. Find out how to hazard proof your home and pool
- **World Tai Chi Day (Saturday, 25 April)** – Studies demonstrate that Tai Chi reduces stress hormones, reduces the rate of falls in older people by 47% and increases immune response. See what it's all about Tuesdays and Thursdays at noon in the Dance Studio.

Workshop – Golf Conditioning Clinic, Thursday 23 April, 11:40-12:10 pm or Friday 24 April 12:10-12:40 pm, Markin

Get your body ready for golf season! 75% of injuries are to the lower back or elbow. Prevent injuries and add yards to your drive in this 30 minute, hands on class. Popcorn and juice provided, class limited to first 20 registrants. Email Ken at kwood@kzoo.edu with questions or to register.



Confidential Assessment and Wellness Coaching – Long quality life begins with prevention. Prevention starts now. Ken can help you assess your current wellness and show you how to guide yourself to success.

Programs

- **Flexibility Class** – Want a guided focused class to get flexible? Friday 17 April 12:10-12:30 pm in Markin. Ken will lead through a series of focused stretches targeting the most troublesome areas. Register by emailing Ken.
- **Save a Life at Lunch** – want to learn the core skills of CPR, first aid and defibrillator but don't have time for the full class? Ken will come to your department over lunch and provide an American Red Cross quick skills course. DVD and all equipment provided. See Ken for details.
- **Massage Therapy** – Tuesdays in Olds Upton, room 110 and Thursdays in the Student Health Center conference room from 11-1 PM. 10 minute chair massage. \$6 each for your first 10 sessions. Punch cards available. Certified Massage Therapist Claudia Sosulski. Make an appointment through Ken.
- **Health Fair 2009** – Coming to Hicks on Tuesday 28 April 11-2 pm. Food, prizes, and a huge array of healthy and fun offerings from both student and community providers. Both informational and hands on exhibits.
- **14 Year Plan** – Researchers found that people who follow 4 specific health habits live 14 years longer than those who don't. Download a log from the website that will track how you're doing day to day.
- **LifeHours Program** – Researchers also found that every hour of exercise adds 2 hours to your lifespan. Download a log from the website that tracks how many hours you're earning and helps you identify barriers to activity and resolve them.
- **Log in to the Wellness website** for details on other programs like *bootcamp*, *kickboxing*, *pilates*, *yoga*, and *tai chi*. *These classes are open to beginners and can be joined at any time!*