
“The difference between TRY and TRIUMPH is just a little umph!”

- Marvin Phillips



WELLNESS PROGRAM

SPRING 2017



Healthy Body

Hearing wellness

Dr. Kasewurm's **Professional Hearing Services** will be visiting each campus in April. Join us to learn about hearing loss prevention and to receive a free ear exam and hearing screening.

South Haven—Tuesday, 4/18, 1:00
Room 141

Bertrand Crossing—Tuesday, 4/18, 3:30
Room 109

Napier Avenue—Wednesday 4/19, 1:30
Planetarium, D116

Exercise program

Spring is finally here—let's get outside and get moving! Lead by Leah Tillstrom, fitness instructor in our wellness center, this group will meet on Fridays at noon. Weather permitting, we'll try a variety of exercises incorporated in an outdoor walk. We'll move into the wellness center for class in the event of poor weather. Additional details will be announced soon.

Fridays, 4/21 through 5/19, 12:00

Healthy Picnic Sides and Snacks

Summer bar-b-ques and pot lucks are just around the corner. A typical picnic plate, including a cheeseburger and sides, can quickly add up to over 1,000 calories and 57 grams of fat. Join our own Chef Amado, and learn how to make healthy alternatives so that you can enjoy your day – guilt free!

- White Corn, Farro and Orange Salad
- Black Bean and Mushroom Burgers
- Watermelon, Feta and Cucumber Salad
- Gazpacho
- Pineapple, Chicken and Chorizo Sausage Kabobs
- Coconut and Mango Verrines

Thursday, April 20—1:00 p.m.
L308 Kitchen

Space is limited, and this program is sure to fill quickly. Please contact Annmarie Sawyer, ext. 8146, if you are interested in attending.



Healthy Mind

C.O.R.E Strength

In this fast-paced and ever-changing time in our culture, it is more important than ever that we stay balanced. This is not a easy journey, yet the goal is attainable.

Phillip Hedgspeth, Corporate Trainer & Leadership Coach with HelpNet will present a two part series focusing on four basic practices that help in creating and sustaining a focused and balanced lifestyle.

This workshop addresses and applies these four practices to everyday life:

- **C**ontext and **C**ontrol
- **O**rientation and **O**ffering
- **R**ecovery and **R**ehearsal
- **E**motions and **E**ngagement

Wednesday, 3/29—12:00 noon —D-116

Wednesday, 4/12—12:00 noon—D-116

TIAA

Lunch and learn

Money at Work: Foundations Of Investing
Thursday, 4/13, C-210, 12:00 pm

Meet with an advisor to review your current accounts or learn more about the variety of retirement planning offerings available to you. Contact Annmarie Sawyer, ext. 8146 to schedule a private meeting. Employees at our Bertrand Crossing and South Haven campuses may schedule a phone conference and receive the same attention and services. Thursday, 3/13—all day