

# Owl Be Well

## Kennesaw State University Employee Well-being Newsletter

### May Mental Health Awareness Events



#### Yoga

**Days:** Wednesdays, May 8th - June 5th

**Time:** 12:00 - 12:50 PM

**Location:** [Kennesaw Campus: Town Point Classroom 1600](#)

[Click here to sign up!](#)

Gentle yoga, ALL levels welcome. NaMAYste.

### ESPYR Employee Assistance Program Workshops

May is Mental Health Awareness Month, join your employee well-being team for a series of live workshops centered around mental health and well-being. Workshops will be lead by your [ESPYR Employee Assistance Program](#) professionals. [Click here to sign up.](#)

#### Understanding Depression and Its Impact at Work, May 10

1:00pm - 2:00pm (Kennesaw Campus)

#### Managing Cumulative Stress, May 13

1:00pm - 2:00pm (Marietta Campus)

#### Managing Change, May 20

1:00pm - 2:00pm (Marietta Campus)

#### What We All Need to Understand About Mental Health, May 21

12:00pm - 1:00pm (Kennesaw Campus)

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*Live wise. Live well.*



## Employee Assistance Program (EAP) ESPYR

The University System of Georgia has partnered with ESPYR to provide employees and their family members with a comprehensive Employee Assistance Program (EAP). Services are free and confidential.

**Free webinar featured this month:**

[May Webinar: Letting Your Emotions Interfere with Eating](#)



[Learn more.](#) Your password is: **USGCares**  
**1-888-960-3305**; Available 24/7; 365 days a year.

## RECIPE OF THE MONTH - TACO WRAPS WITH BLACK BEANS AND CORN

Prep Time: 5 mins, Cook time: 5 min, Total Time: 35 min

### Ingredients:

- 1/2 cup frozen whole-kernel corn, thawed
- 1 small Italian plum (Roma) tomato, diced
- 1/2 small avocado, diced
- 2 tablespoons snipped fresh cilantro
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon chili powder
- 8 Bibb lettuce leaves or tortillas
- 1/2 cup shredded low-fat Monterey Jack cheese
- 1/2 cup salsa (lowest sodium available)
- 1 cup canned no-salt-added black beans, rinsed and drained



### Cooking Instructions:

In a small bowl, stir together the beans, corn, tomato, avocado, cilantro, lemon juice, and chili powder. Spoon 1/4 cup bean mixture into the center of each lettuce cup. Top with the Monterey Jack and salsa. For tacos, fold the sides of the lettuce or tortilla over the filling. For burritos, roll the lettuce or tortilla to enclose the filling, tucking the ends in. Secure each taco with a toothpick.

RECIPE BY: WESTERN HEALTH ADVANTAGE



## YOGA AT THE BATTERY ATLANTA

FREE for everyone. All ages welcome.

Come enjoy FREE Yoga (and parking), presented by Kaiser Permanente. On the plaza, Kaiser Permanente instructors will lead you, your friends, and family through poses and postures of yoga.

MONTH	DAY	TIME
February	18, 25	6:30 to 7:30 pm
March	4, 11, 18	6:30 to 7:30 pm
April	8, 15, 22	6:30 to 7:30 pm
May	6, 13, 20, 27	6:30 to 7:30 pm
June	3, 24	6:30 to 7:30 pm
July	1, 8, 15, 22, 29	6:30 to 7:30 pm
August	5, 12, 19, 26	6:30 to 7:30 pm
September	9, 16, 23, 30	6:30 to 7:30 pm
October	7, 14, 21, 28	6:30 to 7:30 pm

LOCATION: 800 Battery Ave., Atlanta, GA 30339

MORE INFO: [batteryatl.com/yoga](http://batteryatl.com/yoga)



## UPCOMING WELL-BEING EVENTS

- Well-being Wednesday: Keeping Your Health and Wellness Journey Achievable and Fun  
Date: May 8  
Time: 1:00-2:00pm
- Money Monday: Get Started and Save for the Future You  
Date: May 20  
Time: 12:00-1:00pm
- Well-being Wednesday: Skin Cancer Awareness  
Date: June 12  
Time: 11:00am-12:00pm



## KSU Employee Fitness Center

*Come try out one of our new classes, Tai Chi, Pedal & Pump, and **STRONG** by Zumba®*

*Visit our website for the group fitness schedule:*

[employeewellness.kennesaw.edu](http://employeewellness.kennesaw.edu)

Email: [efc@kennesaw.edu](mailto:efc@kennesaw.edu)

Phone: (470) 578-6770



## Swim Lessons

Work one-on-one with KSU Swim Instructors! Private swim lessons are available to all KSU Recreation Center members including faculty and staff.



### ***Faculty/Staff:***

**1 Lesson - \$25**

**3 Lessons - \$60**

**6 Lessons - \$95**

Contact Cheryl Cheryl Richardson,  
at [bricha89@kennesaw.edu](mailto:bricha89@kennesaw.edu) with questions  
regarding swim lessons.  
For additional information, [please click here.](#)

### ***Lessons Include:***

- Basic Swim Lessons
- Technique Improvement
- Competitive Skills

### ***Personalized Lessons based on:***

- Your Schedule
- Your Goals
- Your Experience

## EMPLOYEE WELL-BEING MARIETTA CAMPUS YOGA

Employee Well-being invites you to take part in a free class focusing on the many benefits that yoga has in promoting health & well-being. Sessions consists of a balanced practice of postures so that the entire body is exercised, the mind is relaxed, and the spirit refreshed. **Please bring your own yoga mat for mat yoga. If you do not have one, reply in the comments section upon signup so we may assist you.** All levels are welcome.

**Days:** Tuesdays through August 2019

**Times:** Chair Yoga 12:00-12:30pm, [Click here to sign up](#)

Mat Yoga 12:40-1:40pm, [Click here to sign up](#)

