

# Owl Be Well

Kennesaw State University Employee Well-being Newsletter

**Join your Employee Well-being Team for OWL Summer SUN Safety education & free giveaways!**



**I Scream, You Scream, We All Scream For Sunscreen !!!!!!!**

**LOCATION & DAY**

**June 3rd, 12:00 pm-1:30 pm**  
**Kennesaw Campus Green**

**June 4th, 12:00 pm-2:00 pm**  
**Marietta Campus Globe**

**June 6th, 12:00pm-1:30pm**  
**Kennesaw Campus Green**

**June 3rd- 7th, 6am-7pm**  
**Employee Fitness Center**

## Table of Contents



Page 2: ESPYR



Page 2: Recipe of the Month



Page 3: Upcoming Well Being Events



Page 4: EFC Group Exercise Link



Page 3: Yoga at the Battery

## *Free Marietta Campus Classes through August*

**Tuesdays: Chair Yoga 12:00pm-12:30pm**

[Click to sign up](#)

**Mat Yoga 12:40-1:30pm**

[Click to sign up](#)



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:**

**[June-Master Your Mind: Emotional and Physical Health Connections.](#)**



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

### **Recipe of the Month -Grilled Steak Salad with Asian Dressing**

**Prep Time: 30 mins, Cook time: 15 min, Total Time: 1 h 45 min**

#### **Ingredients**

1(12 ounce) rib eye steak  
 1 tablespoon soy sauce, 1 teaspoon Steak seasoning  
 1/2 lemon juiced  
 2 tablespoons rice vinegar, olive oil and white sugar  
 1/2 tsp sesame oil  
 2 pinches red pepper flakes  
 10 leaves romaine lettuce, torn into bite-size pieces  
 1/2 large English cucumber, cubed  
 1 avocado- peeled, pitted, and diced, 1 tomato, cut into wedges, 1 carrot, grated  
 4 thin slices red onion  
 3 tbsp toasted sesame seeds



#### **Directions**

1. Season both side of the rib eye steak with soy sauce and steak seasoning. Cover and refrigerate at least 1 hr to overnight.
2. Preheat an outdoor grill for medium-high heat and lightly oil the grate.
3. Grill steak on preheated grill until firm, reddish-pink, and juicy in the center, about 6 mins per side. An instant-read thermometer inserted into the center should read 130 F (54 °C). Transfer steak to a platter, sprinkle with lemon juice, and cover loosely with aluminum foil. Allow meat to rest for about 10 mins, then cut into strips.
4. Whisk rice vinegar, olive oil, sugar, sesame oil, garlic powder, and red pepper flakes together in a small bowl. Combine lettuce, cucumber, avocado, tomato, carrot, red onion, and steak strips in a large bowl. Pour rice vinegar dressing over salad and toss to coat. Sprinkle with sesame seeds to serve.

Click [here](#) for the link to the recipe page.



## 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 June Well-Being Events.

- Well-being Wednesday: Skin Cancer Awareness  
Date: June 12  
Time: 11:30am-12:30pm
- TIAA Financial Essentials Live WEBinars: How smart investors ride out market volatility.  
Date: June 13
- Money Monday: Managing Income and Debt  
Date: June 24  
Time: 12:00pm-1:00 pm



[Click HERE](#) to view your Kaiser Permanente Healthy Living Catalog through June. Please note non- Kaiser members are able to pre-register for majority of classes FREE.



## 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





	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am-7:15am		<b>STRONG by Zumba®</b> <i>Ché</i>	<b>Circuit</b> <i>Kyle</i>		
12:30 pm-1:30pm	<b>Yoga (all levels)</b> <i>Deborah</i>	<b>Tai Chi</b> <i>Alan</i>	<b>Owl Sculpt</b> <i>Lisa</i>		<b>Tai Chi</b> <i>Alan</i>
4:30 pm-5:20 pm	<b>Owl Sculpt</b> <i>Karen</i>			<b>Yoga (all levels)</b> <i>Deborah</i>	
5:15pm-6:05pm			<b>Zumba®</b> <i>Cindy</i>		<b>Zumba®</b> <i>Ché</i>
5:30pm-6:30pm	<b>Strength &amp; Stamina</b> <i>Karen</i>	<b>Cycling</b> <i>Melanie</i>		<b>Cardio Kickboxing</b> <i>Karen</i>	

NOTE: THIS SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME. PLEASE CHECK OUR WEBSITE FOR THE MOST UPDATED SCHEDULE.



**Contact the Employee Fitness Center (EFC)**

efc@kennesaw.edu • 470) 578-6770 • employeewellness.kennesaw.edu