VOL 1 - ISSUE 13

NOVEMBER 2019

OWL BE WELL

Kennesaw State University Employee Well-being Newsletter



*Call 470-578-6770 or email <u>efc@kennesaw.edu</u> for more information about joining the challenge.

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The USG's Keep America Active fall team competition will end on Nov. 10!

All activity must be logged by Nov. 13 in order for it to count toward you team's score.

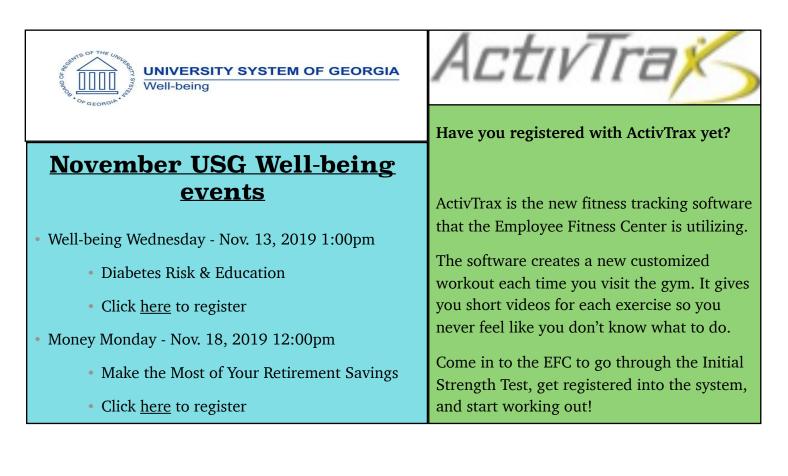
Be sure to complete the feedback survey for the Challenge to receive your free lunchbox! The top 3 teams will receive a prize!

And Go Owls! KSU is currently 6th out of the 26 participating USG institutions!



November 14 is World Diabetes Day, visit your well-being team at the <u>Employee Fitness Center</u> for a free health screening, local resources, education and giveaways 6:00 am-2:00 pm.

One in every two people with diabetes is undiagnosed. Take the <u>Diabetes</u> <u>Risk Test</u> to see if you are at risk.



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November Yoga Classes

Employee Wellness Workshops



Join us for Marietta Campus Deep Stretch each Wednesday in November at 12:30pm. Sessions limited to 12 participants.

Click here to sign up.



Managing & Preventing Diabetes Dates: 11/8 or 11/15 Marietta Campus: 11/8 Kennesaw Campus: 11/15 Click <u>here</u> to sign up.



Wellness that Works.

Wellness that Works "At Work Program"

Kickoff: Nov. 13, 2019 12:00pm

Location: Kennesaw - Town Point, Room 2220

Click here for more information.

Interested in participating on the Marietta Campus in Winter 2019?

> Contact Dessi Beagle -<u>dtzankov@kennesaw.edu</u>



Join us for Marietta Campus Intermediate Yoga each Tuesday in November at 12:30pm. Sessions limited to 12 participants.

Click <u>here</u> to sign up.

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 am-7:45 am		Zumba®Toning Ché			Sunrise Yoga 7:00 -8:00 am Lara
12:15 pm- 1:00 pm		Tai Chi Alan			Strength & Balance Staff
12:30 pm- 1:30pm	Yoga (all levels) Deborah		Stretch & Strength Lisa		
4:30 pm- 5:20 pm	Owi Scuipt Karen	Cardio Kickboxing Karen	H.I.I.T. Dessi	Yoga (all levels) Deborah	
5:30pm- 6:30pm	Strength & Stamina Karen	Yoga (all levels) Lara	Zumba® 5:30-6:20 pm Ché	Cycling Melanie	Zumba® <i>5:30-6:20 pm</i> Percival

Class Key: CARDIO & STRENGTH • DANCE • CYCLING • MIND & BODY

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

*Be sure to check the EFC <u>website</u> and social media for Group Fitness Schedule Changes during the week of Thanksgiving!

The EFC will close at 5pm on Wednesday, Nov. 27 and reopen on Monday, Dec. 2.

Interested in joining your Employee Fitness Center?

Contact us at efc@kennesaw.edu or 470-578-6770 for information about joining the EFC!

Hours & Location

Click here for the Group Fitness Schedule!

https://employeewellness.kennesaw.edu

Follow us on social media!



<u>Instagram</u>

