

Owl Be Well

Kennesaw State University Employee Well-being Newsletter

Join the USG's Online Well-being Keep America Active Challenge

free well-
being
giveaways



Register
Now-
February
24th

Kick-off Info Meetings

MARIETTA CAMPUS: J.M. WILSON STUDENT CENTER BALLROOM ROOM A

THURSDAY, FEBRUARY 14 12:00-1:00 PM

KENNESAW CAMPUS: STURGIS LIBRARY ROOM #101

THURSDAY, FEBRUARY 21, 12:30-1:30 PM

*As your work schedule permits

Who: Benefits eligible KSU employees are able to compete.

What: Keep America Active 8-week Online or App Well-Being Challenge

Where: Virtually travel individually or with a team (optional) throughout the United State visiting sites.

When: Challenge is 56 days long: Monday, February 11, 2019 - Sunday, April 7, 2019

Why: To have fun virtually traveling the U.S. with fellow KSU employees and learn - while improving mood, stress, and energy level. Track steps or minutes of activity, sleep and produce to gain virtual miles.

Live wise. Live well.

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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:

[February Webinar: Tax Savings Strategies](#)



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

RECIPE OF THE MONTH - BLACK BEAN SOUP

Prep Time: 5 mins, Cook time: 15 min, Total Time: 20 min

Ingredients

- nonstick Cooking spray
- 1 medium onion (diced)
- 1 Tbsp garlic (jarred, minced)
- 2 tsp ground cumin
- 1 jalapeño (chopped)
- 2 16- oz canned, low-sodium black beans (undrained)
- 1 15- oz canned, no-salt-added, diced tomatoes (undrained)
- 1 cup low-sodium chicken broth
- chopped, fresh cilantro (optional)

Directions

- Spray large pot with cooking spray, over medium-high heat add onion and cook until translucent (5 minutes).
- Add garlic, cumin and jalapeño and cook 1 minute more.
- Add beans to pot and lightly mash with a potato masher or fork.
- Add tomatoes and broth – bring to a boil and reduce to medium heat, cover and simmer for 15 minutes.
- Serve topped with chopped fresh cilantro (optional).



RECIPE BY: AMERICAN HEART ASSOCIATION



Kaiser Permanente Onsite Health Coaching Interest Meeting Kick-off-Marietta Campus

Date: Tuesday, March 5th 12:30 - 1:30pm

Location: J.M. Wilson Student Center Room A214

<https://www.signupgenius.com/go/409054-fa8a923abf85-kaiser1>

*Participation open to non-Kaiser members to participate

KP Healthy Living Programs 2019

Click here to view and remember Non-KP members are welcome to participate in most programs for FREE if they sign up in advance. Visit the Wellness Education and Resources tab at <https://employeehealth.kennesaw.edu> for more information.

UPCOMING FEBRUARY WELL-BEING EVENTS

- [Heart Month Webinar: Salt, Sugar, Fat](#)
Date: February 13th
Time: 11:30am-12:30pm
- [Money Mondays: Identify and Prioritize Your Savings Goals](#)
Date: February 25
Time: 2:00-3:00pm
- [Well-being Wednesday: Healthy Eating Habits](#)
Date: March 13
Time: 12:00 pm-1:00 pm



Kick-off Heart Health Month at your Employee Fitness Center



ONE WEEK FREE ACCESS FEB. 18TH-22ND

Join us for giveaways and heart health education!

Location: Kennesaw Campus Employee Fitness Center -3333 Busbee Drive, KSU Center Suite 475

For more information: email efc@kennesaw.edu or call (470) 578- 6770



Employee Fitness Center

Group Fitness Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|--|--|--|--|-------------------------------------|
| 6:00-6:45am | Circuit <i>Staff</i> | | | Circuit <i>Staff</i> | |
| 12:30-1:30pm | Yoga (all levels) <i>Deborah</i> | | Yoga (all levels) <i>Deborah</i> | | Yoga <i>Melanie</i> |
| 4:30-5:20pm | Owl Sculpt <i>Karen</i> | Pump N' Go 45 <i>4:30-5:15pm</i> <i>Staff</i> | Step and Strength <i>4:00-4:50pm</i> <i>Karen</i> | Yoga (all levels) <i>Deborah</i> | Circuit <i>Staff</i> |
| 5:30-6:30pm | Strength & Stamina <i>Jennie</i> | Cycling <i>Jennie</i> | Zumba <i>5:00-5:50pm</i> <i>Cindy</i> | Cardio Kickboxing <i>Karen</i> | get healthy! owls! |

KSU Employee Fitness Center: efc@kennesaw.edu Phone: (470) 578-6770
Visit our website for the modified holiday schedule: employeeewellness.kennesaw.edu

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. If you do not have one, reply in the comments section upon sign-up so we may assist you.** All levels are welcome.

Days: Tuesdays and Wednesdays

Time: 12:30-1:20pm

We encourage you to sign-up in advance since space is limited. We look forward to seeing you on the mat!

[Click here to sign up](#) or visit our website employeeewellness.kennesaw.edu/programs.php

