

Owl Be Well

Kennesaw State University Employee Well-being Newsletter

Join Team: Kennesaw State University

TourdeCure is fun, meaningful and most importantly, it is all for a great cause – raising funds in support of the nearly **30 million Americans** living with diabetes and their families through research, education and advocacy.

Saturday, April 27, 2019 at Stone Mountain Park

There will be 6 route choices for all levels of walkers, runners and cyclist including:

5k run/walk, 5, 15, 35, and 65 mile routes!

Finish line festival with live entertainment and much more!

Register at www.diabetes.org/tourdecureatlanta

Team: Kennesaw State University

Team Captain: Dessi Beagle dtzankov@kennesaw.edu

Registration is free for walkers/runners and \$20 for cyclists until March 31st.

Tour de Cure is an event where thousands of people across the U.S. walk, run or ride bikes to stop diabetes.

Supported by contributions from thousands more, Tour de Cure participants ride for the nearly 30 million people living with diabetes, and the 86 million more Americans currently at risk.

American Diabetes Association®
TourdeCure®

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:

[March Webinar: Resilience in Times of Change](#)



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

RECIPE OF THE MONTH – SIMPLE PERSIAN SALAD

Prep Time: 5 mins, Refrigerate: 20 min, Total Time: 25 min

Serve this tasty salad from the Middle East featuring cucumbers, onions, herbs, feta cheese and citrus fruit!
 Servings: 4

Ingredients

2 cucumbers (seeded, diced)
 4 medium tomatoes (diced)
 1 medium red onion (diced)
 2 Tbsp. fat-free feta cheese (crumbled)
 1/4 cup chopped, fresh mint or parsley OR 1/2 tsp. mint or parsley
 2 limes (juiced)
 1 Tbsp. extra virgin olive oil
 1/2 tsp. black pepper

Directions

1. Mix cucumber, tomatoes, onion, feta and herbs in a bowl and refrigerate for 20 minutes.
2. In a small bowl, combine lime juice, oil and pepper – whisk well.
3. Pour over vegetable mixture and serve.



[Recipe By: American Heart Association](#)



KP 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
 Sign up here: <https://www.signupgenius.com/go/409054fa8a923abf85-kaiser1>

*Participation open to non-Kaiser members to participate

KP Healthy Living Programs 2019

Visit the Wellness Education and Resources tab at <https://employeehealth.kennesaw.edu> for more information.

UPCOMING USG MARCH WEBINARS

- Well-being Wednesday: Healthy Eating Habits
 Date: March 13
 Time: 12:00 pm-1:00 pm
- For Leaders & Managers: Handling Harassment
 Date: March 13
 Time: 12:00pm-1:00pm
- Preventing Employee Harassment
 Date: March 20
 Time: 12:00-1:00pm & 3:00pm-4:00pm
- Money Monday: Foundations of Investing
 Date: March 25
 Time: 12:00pm-1:00pm

Well-being Wednesdays and Money Mondays are eligible for USG's well-being credit.



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



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 4:30-5:15pm <i>Staff</i>	Step and Strength 4:00-4:50pm <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 5:00-5:50pm <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: employeewellness.kennesaw.edu

EMPLOYEE WELL-BEING MARIETTA CAMPUS YOGA

Click here to sign up or visit our website
employeewellness.kennesaw.edu/programs.php

Days: Tuesdays and Wednesdays
Time: 12:30-1:20pm



breakfast | lunch | dinner | snacks

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