

# OWL BE WELL

## Kennesaw State University Well-being Newsletter



### Join KSU for USG Fall Keep America Active Challenge!

- Registration is open through Sept. 22nd. Challenge begins Sept. 16-Nov. 10; open to benefits-eligible employees.
- Compete on your own or join teams of up to 15 people.
- Earn points by recording physical activity, meditation & mindful eating to compete with co-workers to see who can earn the most points.
- Kick-Off Events: Kennesaw Campus Green Friday, Sept. 6 or Marietta Campus in the Student Center Globe Friday, Sept. 13 at 12pm.
- To Register: Click Manage My Benefits portal in OneUSG, click the Well-being tile, and click Register for Keep America Active Challenge



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# Onsite Health Coaching

Your Employee Wellness team has partnered with Kaiser Permanente to offer FREE (to non-KP members) Onsite Health Coaching Sessions on each Tuesday on the Kennesaw Campus.




You can attend up to 3 sessions, which last around 30 minutes.

These health coaching sessions are designed to focus on

- Creating an effective wellness plan for your needs and goals
- Addressing obstacles that might get in the way

[Click here](#) to sign up for the 12:30pm, Sept. 10 info session in Town Point 2220.

Please email Dessi Beagle at [dtzankov@kennesaw.edu](mailto:dtzankov@kennesaw.edu) if interested but unable to attend.

 <p><b>UNIVERSITY SYSTEM OF GEORGIA</b> Well-being</p>	 
<p><b><u>September USG Well-being events</u></b></p> <ul style="list-style-type: none"> <li>• Well-being Wednesday - Sept. 11, 2019 12:30pm           <ul style="list-style-type: none"> <li>• The Mood-Food Connection</li> <li>• Register <u><a href="#">here</a></u></li> </ul> </li> <li>• Money Monday - Sept. 30, 2019 11:30 pm           <ul style="list-style-type: none"> <li>• Tomorrow in Focus: Saving for retirement</li> <li>• Register <u><a href="#">here</a></u></li> </ul> </li> </ul>	<p><b>Have you earned your \$100 well-being credit yet?</b></p> <p>Benefits-eligible employees and spouses covered have opportunities to earn raffle entries and credit by participating in recording health activities in the well-being portal.</p> <p>Click Manage My Benefits portal, then Well-being tile to record activities.</p> <p>For more information on how to get started, click <u><a href="#">here</a></u>.</p>

## September Yoga Classes



Enjoy FREE yoga on the plaza at the Battery, presented by Kaiser Permanente each Monday from 6:30-7:30pm.

**Dates:** 9/9, 9/16, 9/23, 9/30

**Location:** 800 Battery Ave, Atlanta, GA 30339

**More Info:** [batteryatl.com/yoga](http://batteryatl.com/yoga)



Limited spots available for Marietta Campus Mat Yoga on 9/10 & 9/17 in J. M. Wilson Student Center Ballroom A Room 201A at 12:30pm.

Click [here](#) to sign up.



Slots available for Kennesaw Campus Lunch Yoga in Student Center Addition Room C, D and E at 12:15pm.

Click [here](#) to sign up for 9/10 or 9/17.

## Employee Wellness Workshops



### Nutrition Workshop Series

Dates: 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 12-1pm

Location: KH 1203 or Carmichael Student Center Leadership Room

Click [here](#) to sign up.



### Delightful Dips Cooking Demo

Friday, Sept. 20, 12-1pm

KSU Center, Room 460

Click [here](#) to sign up.



### Intuitive Eating Workshop

Wednesday, Sept. 11, 12-1pm.

KSU Center Room 460

Click [here](#) to sign up.



# 2019 Group Fitness Schedule

Effective Monday, September 16<sup>th</sup>, 2019

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

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



## Interested in joining your Employee Fitness Center?

Contact us at [efc@kennesaw.edu](mailto:efc@kennesaw.edu) or 470-578-6770 to schedule your New Member Appointment. KSU employees and family members have the opportunity to utilize 5 free guest visits.

### Hours & Location

<https://employeeewellness.kennesaw.edu>

Follow us on our new & improved Social Media!!



[Instagram](#)



[Facebook](#)