Celebrated each year during the month of March, National Nutrition Month focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In March, for National Nutrition Month, your Employee Well-being Team will have an Instant Pot Cooking Demo on Kennesaw Campus and a Plant-Based Eating Workshop on Marietta Campus.

Click here to sign up for the plant-based eating workshop. Click here to sign up for the cooking demo.
The University System of Georgia has partnered with KEPRO to provide employees and their family members with a comprehensive Employee Assistance Program. Services are free and confidential.

**Click here** for information to access services.

Your password is: **USGcares**

1-844-243-4440; Available 24/7; 365 days a year

**Up to 4 sessions, per counseling issue**

Resources and referrals available for: Child Care, Special Needs, Academic, Adoption, etc.

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**USG Online Well-being Portal Open Lab**

Join your Employee Well-being team as they provide online portal assistance to questions you may have. The USG Well-being Portal provides you with tools to incorporate healthy habits into your life. Each open lab is from 11:30am to 1:30pm.

**M-Campus**: 3/18 in Q Building Room 303
**K-Campus**: 3/27 in English Building Room EB126

**March USG Well-being Wednesday**

**Topic**: How to Get the Most out of Your Healthcare Plan
**Date**: March 11, 2020
**Time**: 1:00pm

**March USG Money Monday**

**Topic**: Budgeting, Credit, Understanding & Managing Debt
**Date**: March 30, 2020
**Time**: 12:00pm

Click here to sign up for the Well-being Wednesday and Money Monday!
Benefits of Stretch Workshop

Led by EFC Staff, this active participation workshop will teach you how to effectively stretch before and after your workout to enhance fitness and prevent injury. This workshop is available to ALL KSU employees. The next workshop is on March 18 at 12:30pm.

Marietta Campus
March Yoga & Stretch and Relax

Time: 12:30-1:20
Tuesdays - Intermediate Yoga
Wednesdays - Stretch & Relax

Design Building 1
Jury Room 111

For Intermediate Yoga, CLICK HERE to sign up.
For Stretch & Relax, CLICK HERE to sign up.

Mindfulness Mondays

Your Employee Well-being team will be holding two Mindfulness Mondays in March, one on each campus! Join us to learn and practice simple mindfulness techniques and stress management skills to incorporate into your daily routine. Drop in as your schedule permits between 12:00pm and 1:30pm.

Marietta Campus:
March 16th
Design Building 1 Jury Room 111

Kennesaw Campus:
March 9th
Kennesaw Hall Classroom KHE1103
Interested in becoming a member of your Employee Fitness Center?

Contact us at efc@kennesaw.edu or 470-578-6770 to learn how you can join the EFC!

**Hours & Location**

[https://employeewellness.kennesaw.edu](https://employeewellness.kennesaw.edu)

**Group Fitness Schedule**

Follow us on social media!

[Instagram](#)  [Facebook](#)

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The next ActivTrax Fitness Challenge at the Employee Fitness Center begins on March 9th! You can earn points through completing ActivTrax workouts, cardio workouts, strength test, and co-worker referrals!