

Wellness Matters

Polk County Schools
2010 Health Fair

A Life-Changing Event

Energized, pumped-up and ready to make a change, Izora Bullock from Haines City High School, could not wait for the 2008 Annual Health Fair. She wanted to learn more about *L.O.S.E.* (Lessons On Sensible Eating) and other activities offered by the Polk County School Board Wellness Team for employees and retirees. Izora admits she knew several people who successfully lost weight through *L.O.S.E.* and she wanted to be one of the “lucky ones” who could tout her success. “I was actively participating in Curves, but was seeking additional support in the area of nutrition and food management.”

Izora was amazed at the breadth of health care professionals providing free services at the Annual Health Fair. She completed the comprehensive blood work, cancer screenings and bone scan. She flaunts, “I have the bones of a teenager!” She filled her tote with lots of freebies, samples and educational materials provided by vendors. She tasted and received recipes from vendors like Publix, which showcased professional chefs demonstrating quick and easy dishes that were sure to pass the healthy test.

Motivated by her screening results that indicated a need to make nutritional and lifestyle changes, Izora joined the *L.O.S.E Too* weight loss program. *L.O.S.E Too* incorporates nutritional counseling from a registered dietitian and requires

weekly participation in a support group like Weight Watchers, TOPS or Jenny Craig. Izora found TOPS to be the on-going stimulation she needed to stay on her weight-loss track.

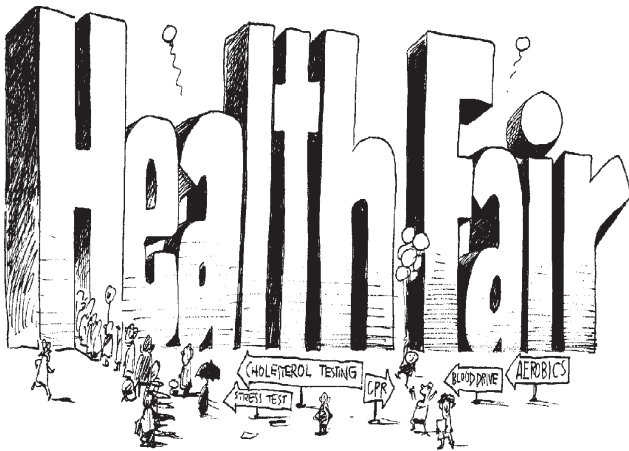
“Thanks to the Health Fair and *L.O.S.E.*, I am 43 pounds slimmer and counting! I have reduced three dress sizes,” Izora writes. “While I could have lost more weight, I am happy that I have not gained any of the weight back. It has been steady and consistent weight loss.”

Izora believes that the Health Fair helps her save on medical expenses. “I continue to complete blood work-ups, and I’m aware of my risk for diabetes, cholesterol and high blood pressure.” She admits that as her age increases, so does her concern in these health areas.

Beyond weight loss, Izora has seen many physical changes. “My breathing and stamina have improved through exercising. I’m no longer out of breath or energy.” Most importantly, her doctor has not prescribed medication for cholesterol or diabetes as she once suggested. She is now able to manage these through diet and exercise.

“My style of cooking has changed tremendously. I don’t fry food any more, and I have increased the amount of fruits, vegetables and grains in our diet,” she said. “My husband attends the Health Fair with me, and completes all of his vital screenings too. He is more conscious of his eating, and is losing weight!” However, Izora’s success does not stop there; she was elected president of TOPS (Take Off Pounds Sensibly), FL #476 Dundee Chapter. Not only is she enjoying life-changing success, but she is able to benefit the TOPS members through her experience and newly-found passion.

Does your health need a life-changing experience? Join fellow employees at the **2010 ABCs of Health**, Polk County Schools Employee and Retiree Health Fair. Complete screenings that are essential to your health; meet doctors and other professionals dedicated to improving your well-being; and, learn the latest medical advances that can promote good health for you. Don’t stop here...read more about the Health Fair in this issue of Wellness Matters.



Special
Health Fair
Edition



PUBLIX SUPER MARKETS
CHARITIES





ABCs of Health

Polk County Schools Employee Health Fair

Free health screenings—\$1,200 value!

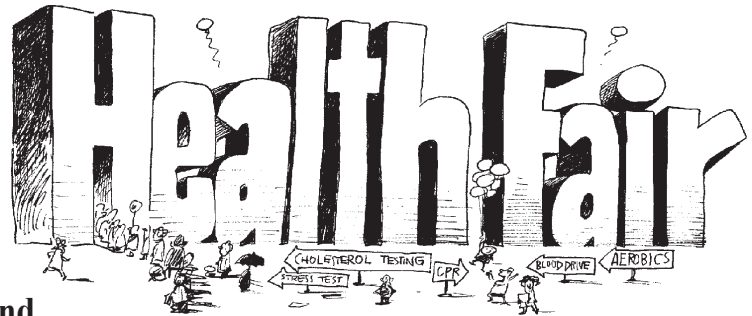
March 6, 2010

7:00 AM to 12:00 PM

**Highland Park Church
of the Nazarene,**

Family Ministries Building

4777 Lakeland Highlands Road, Lakeland



- *Total cholesterol
- *HDL/LDL/VLDL
- *Triglycerides
- *Blood sugar & A1c
- *Blood pressure

- *PSA (men only)
- *Insulin resistance
- *Cancer screenings
- *Vision screenings
- *Lung function

- *Hearing tests
- *Memory screening
- *Balance testing
- *Massage therapy

◆8-hour fasting required◆Lab work must be completed by 11:00 AM
Due to increased liability, children's activities WILL NOT be available.

Lakeland Regional Cancer Center Screenings:

- ◆Breast
- ◆Prostate
- ◆Colorectal
- ◆Skin
- ◆Osteoporosis

**Mammography by appointment only,
call (863) 603-6579**

PCSB Blue Cross/Blue Shield Insurance card required

There are no age restrictions for these services. Polk County School Board BC/BS insurance is required for cancer and osteoporosis screenings. Please present your PCSB BC/BS insurance card prior to screening. Cancer and osteoporosis screenings will not be performed on those who do not have their insurance card. Note for the men: Please have lab/blood drawn prior to prostate screening.

Special Thanks to Health Fair Sponsors

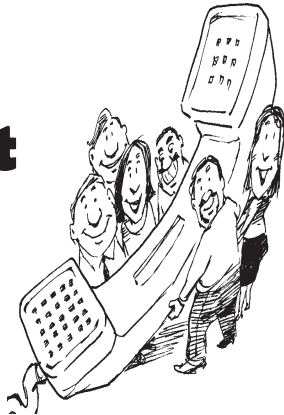


Call Now For Your Appointment

Memory Screening
Call Stephanie at (863) 688-4834

Mammography Screening
Call Teresa at (863) 603-6579

**Don't
Forget
Call
NOW!**



Win a Beach Vacation

All Health Fair participants will have the opportunity to win one of hundreds of door prizes. Two lucky people will win the grand prize:

**3-days and 2-nights
at
Tradewinds Resort
on beautiful
St. Pete Beach**



PUBLIX SUPER MARKETS
CHARITIES



Pre-registration Required! ABCs of Health Pre-registration Information

Pre-register at: <https://healthfair.polk-fl.net> or complete the following information:

Name _____
Home address _____ City _____ Zip _____
SAP No. _____ School/worksite _____
Phone(home or cell) _____

_____ I will have blood work completed.
Will your spouse be attending? _____
Spouse's name _____
_____ My spouse** will have blood work completed.

**A spouse not covered by PCSB BC/BS insurance is required to pay \$40 for blood work.
No bills over \$20 will be accepted; checks payable to Polk County School Board.

Send your registration to the following address:

Courier Mail:
Wellness Program
Woodlake Center, Route D
Attn: Jenny Calhoun

Health Screenings & \$500 HRA Contribution

Employees who are enrolled in the new 3160/3161 HRA Insurance Plan will receive an additional \$500 contribution into their Health Reimbursement Arrangement (HRA) by completing a health screening* and Personal Health Assessment provided by the PCSB Wellness Program & BC/BS.

**8-hour fasting required*

WANTED: Friendly, Smiling Faces



**Volunteers
Needed at
Health Fair
March 6, 2010**

Volunteers are needed to meet and greet participants at the *ABCs of Health, Polk County Schools Annual Health Fair!* Responsibilities may include registration, vendor relations, set-up, break down, or other assignments as necessary. Volunteers are needed on Friday, March 5th between 1 P.M. and 6 P.M. and Saturday, March 6th between 6:00 A.M. to 1:00 P.M. (Any volunteer wanting lab work should arrive Saturday at 5:30 AM.) You will receive a pedometer from State Farm Insurance and special T-shirt that will be the envy of all! Please contact Jennifer Patzkowsky via email at jennifer.patzkowsky@polk-fl.net or by phone at 648-3057 to volunteer.

*Gotta get away?
Just Let Go!*



TradeWinds Island Resorts

Very Special Polk County School Board
Employee Discount Program

St. Pete Beach is where you gotta be! Whether it's for an active, family-friendly beachfront stay at the AAA four-diamond Island Grand, featuring boatloads of fun-in-the-sun and kids activities galore; or a more relaxed escape at Sandpiper Suites with its tranquil beachfront setting... Polk County School Board employees now qualify for the best rates around!

Please make note of your promo code: VSE (Very Special Employee.) You will always need it when making a reservation. Reservations are only accepted on-line and may be made up to 90 days in advance. Please remember that room types and dates are subject to availability and promotional allotment, are for leisure travel only, and cannot be used for meetings and conference accommodations. For resort information, call 800-251-0613 or visit www.JustLetGo.com/VSEPolk.

TradeWinds
ISLAND RESORTS ON ST. PETE BEACH