



Wellness Wednesday

Health E-News

Volume 2 • Issue 4 • January 27, 2010

Have You Checked Your Blood Pressure Today?

HIGHLIGHTS

- ♥ Better You
- ♥ Feb Wellness
- ♥ Wear RED
- ♥ Art for Heart
- ♥ Laugh
- ♥ 12 Food Rules
- ♥ Anger Hurts
- ♥ Type 3 Diabetes
- ♥ Med Mixing

Better You From Blue



Did you know? Chronic diseases account for 70% of all deaths in the United States, which is 1.7 million each year according to the Centers for Disease Control. **Blue-Cross BlueShield of Florida** provides FREE health coaching and a round-the-clock nurse telephone line in English, Spanish and Creole to help you make healthier choices. [Details...](#) Also check out emergency room alternatives and the PCSB Employee Assistance Program. [Click here...](#)

February Wellness Opportunities

♥ **Improve Wellness and Reduce Healthcare Costs**—Own your personal copy of the *“Healthier at Home”* 416-page text AND get in-service points. Call 648-3057 today to schedule a 20-minute session at your worksite.



♥ **Get Fit, Improve Nutrition, Manage Stress and more**—Classes begin Feb. 2nd; Register today! Get a FREE copy of *“The Mayo Clinic Plan”* book valued at \$25 for your personal library by attending a series of four 50-minute classes provided by your Wellness Team. [Details...](#)

♥ **New Group Fitness Schedule**—Pay \$40 and attend *any class*, at *any location*, *any day* of the week! Participants of *L.O.S.E.* and the *ABCs of Diabetes* register free and prizes will be awarded for all participants who attend 30+ classes between February 1st and May 30th. [Schedule...](#) [Registration and liability forms...](#)

♥ **Save the date for the 9th Annual PCSB Employee Health Fair** scheduled for March 6, 2010 from 7:00 am to noon at the Highland Church of the Nazarene, 4777 Lakeland Highland Blvd. in Lakeland. Email [Jennifer](#) if you are interested in volunteering.



♥ **Live Healthy with Chronic Conditions**—Are you plagued by arthritis, eating disorders, diabetes, auto immune diseases, or other chronic conditions? Are you the caretaker for someone who suffers regularly? If so, learn how to improve your life by attending this free workshop. [See flyer for details...](#)

♥ **Smoking Cessation**—Free classes at Bartow Senior beginning February 9th from 2:00—3:00 pm. [Details...](#)

National Wear Red Day

Friday, February 5th is **National Wear Red Day**, when millions of people will wear red to honor the women in their lives, while speaking out to support the fight against heart disease. Through this dedication, women and men everywhere become empowered to take responsibility for their health. If you would like FREE **RED DRESS PINS** to distribute at your worksite, email [Darcee](#) at the Wellness Program. For more information on **National Wear Red Day**, [click here](#).



Art for Your Heart



Do you remember the joy of sculpting with play-dough, painting with your fingers, using chalk on the sidewalk or coloring with crayons? As kids, we instinctively recognized the benefits of using art to stay calm, be expressive and stay in the moment. Unfortunately, as adults, we often forget the skills we now sometimes need most. [Learn how art relieves stress...](#) If you need a supportive environment to stimulate your creative juices, visit **PicassoZ Art Cafe** in Lakeside Village, where February is “Art Therapy Month” for PCSB Employees. Get 50% off studio fees, relax and create mosaics, ceramics and more! [Details...](#)

A Little Laughter Goes a Long Way

Mark Twain said it well...

“The human race has only one really effective weapon, and that is laughter. The moment it arises, all your irritations and resentments slip away and the sunny spirit takes their place.” What a perfect quote for today's world! Who do you know who couldn't use a good dose of laughter? Give yourself a treat and check out this short movie. It'll make your day! [Click here](#) to watch.



Twelve Food Rules



Tired of complicated diets and looking for a few, easy rules for food? Author Michael Pollan's new book, *Food Rules: An Eater's Manual*, breaks down the science into bite-size, easy-to-remember guidance. Diets low in vegetables and high in processed foods, meats, refined grains and added sugar and fats are associated with “Western diseases” of obesity, type 2 diabetes, heart disease and cancer, Pollan writes. Getting off that diet, he argues, can reverse those effects. [See 12 simple food rules to improve your intake...](#)

How Anger Hurts Your Heart

If you knew that frequent anger might raise your risk of heart disease significantly, would you continue to blow off steam by yelling and smashing things during an argument or getting furious if the office email crashes during a rushed, stressful day? It's time for hot heads to take heed: Increasingly, the negative, irritable, raging, and intimidating personality type worries heart researchers and doctors alike. [Read more...](#) Assess your risk for heart disease [here...](#)



Why Alzheimer's Disease is Called Type 3 Diabetes



While you may not be familiar with Type 3 Diabetes and its relationship to Alzheimer's Disease, you likely soon will be, as scientific understanding of the concept continues to grow and gather support. Medical researchers at Brown Medical School first reported on this novel third form of “brain diabetes” and its relationship to Alzheimer's disease in 2005, after discovering that insulin and its related proteins are produced in the brain, and that reduced levels of both are linked to Alzheimer's disease. Yet another reason to get 30 minutes of daily exercise [More...](#)

Mixing Meds

The rate of unintentional drug poisoning has skyrocketed in this country mainly due to abuse of prescription drugs that weren't intended for the user in the first place, according to Wilson Compton, M.D., of the National Institute on Drug Abuse. Many people—from teenagers to the elderly—are mixing their own prescription meds with over-the-counter medicines—or worse, illicit drugs or alcohol—with no heed to the warnings about such risks on their prescription bottles. Dangerous medication combinations could put you at risk of everything from car accidents to liver failure and, as in the case of celebrities like Michael Jackson and Heath Ledger, sudden death. [Here are five medication combinations that could be fatal...](#)



[Wellness Wednesday Archives](#) • [Wellness Matters Archives](#)

Prepared for you weekly by the **PCSB Employee Wellness Program**
3425 New Jersey Road, Lakeland, FL 33803, phone: 863-648-3057
Supported by a grant from the Florida Department of Health



Questions or comments? Contact your [Wellness Team](#) here (scroll down)

Links may be inactive when viewed through web mail or forwarded

Loss of formatting may be present when viewed in version 2003

