



Wellness Wednesday

Health E-News

Volume 3 • Issue 2 • January 12, 2011

Have You Checked Your Blood Pressure Today?



HIGHLIGHTS

- ♥ Volunteers
- ♥ Food Choices
- ♥ Happenings
- ♥ Fitness Fun
- ♥ Blue Monday
- ♥ Wellness Wise

Register for group fitness classes today! [Details...](#)



WANTED: Friendly, Smiling Faces!

Volunteers are needed to meet and greet participants at the *ABCs of Health, Polk County Schools Annual Health Fairs!* Responsibilities may include registration, vendor relations, bag distribution, or other assignments as necessary. Volunteers are needed on Saturday February 26th at the Highland Park Church of the Nazarene in S. Lakeland OR Saturday April 30th at the Lake Eva Banquet Hall in Haines City between 5:30 AM and 2:30 PM. All volunteers receive a complimentary t-shirt, breakfast and lunch the day of the fair, and may get lab work before the health fair begins. Please email [Jennifer](#) to sign-up!

Healthy Food on a Budget



Silly question of the day: Have you noticed the reduced purchasing power of the dollar.? Although fewer grocery bags fill our back seats for the same money as yesteryear, budget is no reason to sacrifice healthy eating. The cost of making wise food choices may not only *equal or be less* than unhealthy eating, but will result in healthcare cost savings and improvements in quality of life over the long haul. Resolve to throw away negative, false thinking such as, "I can't afford to eat healthy," "Fruits and vegetables are too expensive," or "It's cheaper to eat fast food." In truth, we can't afford to eat unhealthy! [Learn how to get the healthiest bang for your grocery bucks...](#)

FREE Wellness Happenings—January 2011

♥ FREE ABCs of Diabetes Classes

- Medical Issues in Diabetes 01/06/2011
- Nutrition and Exercise 01/13/2011
- Advanced Diet Planning 01/20/2011
- Hypertension & Heart Disease 01/27/2011

MORNING SESSIONS: 10 am to 11:30 am at The John "Sonny" Powell Transportation Service Center, 1430 Hwy. 60 Bypass E., Bartow, FL 33830

AFTERNOON SESSIONS: 4:30 pm to 6:00 pm at The Mark Wilcox Center, 611 Post Avenue SW, Winter Haven, 33880

♥ **FREE ABCs of Diabetes Screening—This Saturday, 1/22/11** at Phillips, Salomon & Parrish, 215 First Street North, Winter Haven (2 blocks south of hospital)

Email [Allison](#) or call 648-3057 to register for screening and classes.

♥ **Group Fitness Classes**—Registration currently underway! Checks will not be deposited until the first week of February. [See class schedule and registration details...](#)

♥ **Smoking Cessation Classes**—Jan. 12th—Feb. 16th at Caldwell Elementary: [Details...](#); Jan. 13th—Feb. 17th at Purcell Elementary: [Details...](#); and, Jan. 20th—Feb. 24th at the Bartow Transportation shop: [Details...](#). View the [2011 Smoking Cessation master schedule..](#) Become smoke free; register today! [Email Darcee...](#)

♥ **Health Screenings for PCSB Employees**—Jan. 24th, 1:00—6:00 PM at the Lakeland Senior Cafeteria and Jan. 25th, 2:00—6:00 pm at the Ridge Career Center Community Room. All PCSB employees are entitled to ONE screening per calendar year and employees who are enrolled in the 3160/3161 insurance plan are entitled to ONE ANNUAL \$500 contribution into their Health Reimbursement Account (HRA) [Registration details...](#) **The January screenings are the last opportunities for the \$500 incentive for the 2011 calendar year.**

♥ **Babies & You and Healthy Addition® Prenatal Program** are offered at no cost to all employees enrolled with PCSB health insurance. Receive \$100 for the completion of *each* program...an extra \$200 for your new arrival! [Program details and class dates...](#)

♥ **Save a Date for one of the 2011 Health Fairs**—Choose between two locations this year... Lakeland or Lake Eva in Haines City. [Details...](#)

♥ **Learn how to de-stress, to improve your nutrition and to incorporate physical activity into your daily routine...** Get valuable information, in-service points and incentives with Wellness professional development sessions. [Details...](#)

Fitness Fun on a Budget

Take pleasure in positive multi-tasking: experience the beautiful moderate Florida winter weather, relieve stress and get fit all at once! Take a guided hike this Saturday, January 15th on the new Chain of Lakes Trail in downtown Winter Haven. Participants are asked to gather at the Library, 325 Avenue A, NW, at 9:00AM. The free event will be hosted by The Friends of the Parks Foundation and [Trek 10 Trails](#), a program designed to get people off the couch and outdoors to enjoy the natural wonders Polk County has to offer. Maximize your hiking fun factor... learn about the international sport of [Geocaching](#). For more information contact Marian Ryan 863-293-6961, marian-ryan@gmail.com or Glenda Mink 863-534-4340, glendamink@polk-county.net.



Make "Blue Monday" a Rainbow Monday



Although the 2010 holiday season is now but a memory, the credit card bills will soon arrive. With this in mind, the fourth Monday of January has been designated "Blue Monday." Despair not, however, as help is on the way! The PCSB Wellness Team in conjunction with the [Employee Assistance Program](#) will be providing a series of educations that address the dimension of Financial Wellness. For starters, learn about the basics of responsible money management with this free tool. [Details...](#)

Wellness Wise

Question: Please provide information about the health benefits of fish oil...

Answer: In the recent years, there has been significant amounts of research regarding the health benefits of fish oil. Studies have linked fish oil supplementation with reduced inflammation: protection against heart disease and improvements in cholesterol and depression. [See the latest...](#) The American Heart Association recommends that people take omega-3 fatty acids for heart health, with at least two servings a week of fatty fish, such as tuna, sardines, salmon, mackerel, herring or lake trout. However, exercise caution against getting too much of a good thing. [Details...](#)



[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.

