



# Wellness Wednesday

Health E-News

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Have You Checked Your Blood Pressure Today?

## HIGHLIGHTS

- ♥ Headache
- ♥ Activities
- ♥ EAP
- ♥ Lightening
- ♥ Hitch a Ride
- ♥ Asthma

Make your year-end parties and meetings healthy with these great tips from...

[the Healthy Eating and Event Guide...](#)

## My Aching Head!

Everyone is familiar with those annoying, painful head, neck and eye thumpers caused by everything from allergies to mental stress to physical strain and light sensitivity. Headaches are so common that June 6-12 has been designated National Headache Week to provide people who suffer from frequent and extreme headaches with [information](#) ([www.headaches.org/education/Headache\\_Topic\\_Sheets](http://www.headaches.org/education/Headache_Topic_Sheets)) that will lead to fewer, shorter, and more tolerable headaches; to provide health care providers and their patients with access to resources, which improve the treatment of headache disorders; and, to make people aware of the many programs and services available through the [National Headache Foundation](#). ([www.headaches.org](http://www.headaches.org)) Research today and make the pain go away!



## PCSB Summer Wellness Activities (Details at [www.polk-fl.net](http://www.polk-fl.net))

**Babies and You Classes** —Are you an expecting mom? Learn and earn with the free Healthy Babies Program. All day summer class June 15th from 8 am—4 pm. [More...](#)

**ABCs of Diabetes**—[Summer class schedule...](#) (click and scroll down)

**Medical Self Care, Nutrition, Fitness and Stress Management**—All covered in two short sessions—June 16th and 17th; 2:00pm—4:30pm each day at the Mark Wilcox Center in Winter Haven. Receive in-service points, incentives and the Mayo Clinic 10 Steps book at no charge for attending both sessions. Call 648-3057 or [email](#) to register.

**Living Healthy**—A 6-week summer workshop designed by Stanford University to help people with on-going health conditions and their caretakers gain control. [Details...](#)

**Summer Screenings**—Employees who are enrolled in the 3160/3161 HRA Insurance Plan will receive an additional \$500 contribution into their **2011** Health Reimbursement Arrangement (HRA) by completing a Personal Health Assessment (PHA) & screenings provided by Blue Cross and Blue Shield of Florida. [Schedule...](#)

**Summer Group Fitness Classes at Wendell Watson Elementary!** [Details...](#)

**Quit Smoking**—Free classes at Mark Wilcox Center; July 7th—August 11th; 10:00am—11:00am. Email [Darcee](#) to register. [Details...](#)

**AFAA Group Fitness Certification Classes**—This summer try something new! If you enjoy exercise, get certified to be a group fitness instructor or earn CEUs from Aerobics and Fitness Association of America (AFAA); July 24th Primary Group Exercise Certification • July 25th Group Resistance Training; PCSB Employees receive 25% off workshop fees. Call Felix at 800-446-2322, ext 420 for more information and to register.

**Focus on Health**—Do you think Polk County needs to do something about the health of our families? Help the Polk Health Care Alliance and the Polk County Health Department develop a plan to address health issues by sharing your opinion in a focus group. June 16th and 23rd. [More...](#)

**Stepping Out for Education**—Dance with the Stars and the Polk Education Foundation; June 18, 6 PM, at the Lakeland Yacht and Country Club. [Details...](#)

**Don't miss next week's Wellness Wednesday featuring Men's Health**

## Free Confidential Help—the PCSB Employee Assistance Program

Take a moment to navigate the [Horizon Health](https://new.mylifevalues.com/content_feature.aspx?FeatureId=346&dispid=&dispbenid=&pagetype=Healthy%20Aging) ([https://new.mylifevalues.com/content\\_feature.aspx?FeatureId=346&dispid=&dispbenid=&pagetype=Healthy%20Aging](https://new.mylifevalues.com/content_feature.aspx?FeatureId=346&dispid=&dispbenid=&pagetype=Healthy%20Aging)) website where you will find information specifically related to your health, your family, your time, your money and more. To access services, call 800-272-7252 24 hours a day, seven days per week or go to [www.horizoncarelink.com](http://www.horizoncarelink.com) (<http://www.horizoncarelink.com/login.aspx>) (Username: PCS; Password: PCS).

## When Thunder Roars...

...go indoors! A discharge that reaches 50,000 degrees Fahrenheit; four times as hot as the sun's surface... that's lightening AND frightening when you're stuck outdoors in a Florida summer storm. Between 1959 and 1993, lightening was responsible for 53% of weather-related deaths in Florida. To emphasize the importance of weather awareness June 20-26 is designated **Lightening Safety Week**. Protect yourself, your family, and your friends with these [lightening safety tips](#) ([www.weather.gov/os/lightning/resources/lightning-safety.pdf](http://www.weather.gov/os/lightning/resources/lightning-safety.pdf)).



## Road to Recovery



Every day thousands of cancer patients need a ride to treatment, but some may not have a way to get there. The American Cancer Society Road to Recovery program provides transportation to and from treatment for people who have cancer and do not have a ride or are unable to drive themselves. Volunteer drivers donate their time and the use of their cars so that patients can receive the life-saving treatments they need. [More...](#) ([www.polk-fl.net/staff/employeeinfo/wellness/documents/RoadtoRecovery.pdf](http://www.polk-fl.net/staff/employeeinfo/wellness/documents/RoadtoRecovery.pdf)) Prevention is the best medicine. Did you know that 85% of cancers are caused by preventable lifestyle-related factors—poor nutrition, inactivity, tobacco, and alcohol consumption. [Cancer research update...](#) ([www.aicr.org/site/News2?page=NewsArticle&id=19003&news\\_iv\\_ctrl=2302](http://www.aicr.org/site/News2?page=NewsArticle&id=19003&news_iv_ctrl=2302))

## Exercise Induced Asthma

Chronic inflammation of the breathing passages (bronchi) of the lungs, characterized by the sudden onset of difficulty breathing—separated by periods of mild symptoms, or no symptoms at all... this is **Asthma** ! ([www.emedicinehealth.com/exercise-induced\\_asthma/article\\_em.htm](http://www.emedicinehealth.com/exercise-induced_asthma/article_em.htm)).



The inflammatory reaction of asthma is triggered by external factors or specific situations, including exercise for some people. However, whether you walk around your neighborhood or run marathons, asthma doesn't need to stop you from reaching your exercise goals. [Prevention tips...](#) ([www.healthfinder.gov/news/newsstory.aspx?docID=639330](http://www.healthfinder.gov/news/newsstory.aspx?docID=639330))

The following PCSB employees won a **fitness prize pack** for attending 30 group fitness classes during the last Worksite Wellness group fitness activity: Therese Farrior, Christine Duez, Pm Grant, Iris Salcedo, Esther Hackenberger, Carpanini, Barbara Carpinini and Barbara Vanorsdale. Congratulations, ladies, and keep in the great work!

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

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

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