

Wellness Wednesday Newsletter

Quit For Life

August 9, 2017

Effective August 1st, HGTC is now a Smoke-Free Campus. Below, find some information for the State's Quit For Life tobacco cessation program:

Quitting tobacco not only improves your health, it will save you time. You won't be taking cigarette breaks, and you'll be improving your health—adding time to your life! The Quit For Life program will help you every step of the way at no cost to State Health Plan members. What are you waiting for? It's Free. It's Confidential. And it WORKS! Call [800.652.7230](tel:800.652.7230) for details.

How do you measure up?

Have you fallen off the wagon with your "2017 New Year's Resolutions"? With the Fall Semester right around the corner, it is the perfect time to make some new health and fitness goals and get back on track! With Rally, you will take a short health survey and receive realistic, personalized recommendations just for you. Need more motivation? With You earn Rally Coins for just about everything you do on Rally, which can be used to win cool rewards. Get started today! Go to www.StateSC.SouthCarolinaBlues.com, log in to your My Health Toolkit account, select Wellness then Rally.

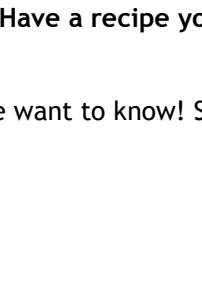
CCU/HGTC Benefits Fair
Coming Soon!

SAVE the DATE!
HGTC & CCU presents:
2017 Benefits Fair
When: 10/5/17
Where: Williams-Brice Arena (CCU)
**Please see attached flyer for more details.*

Are you ready for the
Solar Eclipse?

You should be! Don't miss this once in a lifetime opportunity to view the "Great American Eclipse"! The peak of the eclipse will happen around 2:46 p.m. Be sure you're outside to see it!

Healthy Recipe of the Week



Tropical Papaya Boats

Ingredients: Half of a papaya or cantaloupe (scoop out the seeds), toppings of your choice (ice cream, yogurt, kiwi, cherries, blueberries, chia seeds, hemp seeds, silvered almonds, etc.)

Instructions: Scoop the seeds out of a halved cantaloupe, top with ice cream (or yogurt) and your choice of berries and seeds.

Although the summer vacation is coming to an end, this fun tasty treat will make you feel like you're on a tropical island anytime you make it!

We Want To Feature YOU!

Have a recipe you want to share? Do you and/or your family participate in healthy activities?

We want to know! Send us your pictures, stories, or tips (kaji.orr@hgtc.edu) to be featured in one of our weekly newsletters.

