

Wellness Wednesday Newsletter

Stay Safe in the Water!

July 28, 2017

Each day, about ten people die from unintentional drowning. Of these, two are children aged fourteen or younger. Drowning ranks 5th among the leading causes of unintentional injury death in the United States. As you venture out this summer, please be mindful of the following factors that increase the risk of drowning.

- ◇ Lack of Swimming Ability
- ◇ Lack of Barriers
- ◇ Lack of Close Supervision
- ◇ Location
- ◇ Failure to Wear Life Jackets
- ◇ Alcohol Use
- ◇ Seizure Disorders

For full article, click [here](#).

The Cost of a Cluttered Desk

Are you struggling with a messy desk? Although not readily visible, there are financial costs to a cluttered desk. Consider the following: 1) Time lost from searching for buried or scattered materials. 2) The expense of recreating or duplicating lost materials. 3) The delay or failure to act on forgotten requests in writing from management. 4) Fatigue from searching, reaching, digging, and experiencing frustration. 5) Working on urgent matters as they appear during the work-day rather than on important tasks that aren't visible. 6) Negative self-talk from feeling disorganized. The list could go on. Bottom line, wouldn't your work-day be better if you were working in a more healthy space?

Get Discounted Tickets

@ Myrtle Waves!

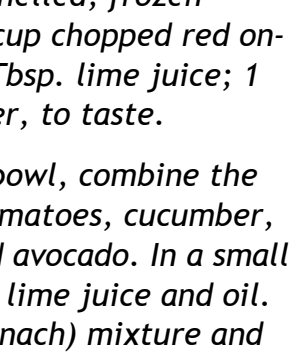
Use the username and password below to get discounted tickets to Myrtle Waves!

Click [here](#) to access the website.

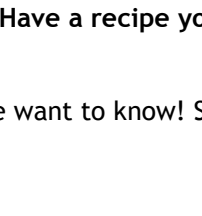
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Healthy Recipe of the Week



Chopped Colorful Veggie Salad

Ingredients: 2 cups cups packed kale or spinach, chopped; 1 1/2 cups frozen corn, thawed; 1 cup chopped tomatoes; 1 cup peeled, chopped cucumber; 1/2 shelled, frozen edamame , thawed; 1/2 cup chopped red onion; 1 avocado, diced; 2 Tbsp. lime juice; 1 tbsp. olive oil; salt pepper, to taste.

Instructions: In a large bowl, combine the kale (or spinach), corn tomatoes, cucumber, edamame, red onion, and avocado. In a small bowl, whisk together the lime juice and oil. Toss with the kale (or spinach) mixture and season to taste.

*Recipe adapted from www.heart.org.

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.

