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Wellness

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Your HGTC Employee Wellness Newsletter!



#### JOIN US FOR

# Financial Wellness May!

FOR FACULTY, STAFF & STUDENTS

Conway Campus 8/29

12:30 p.m. - 1:00 p.m.

Building 300, Room 224

Grand Strand Campus 8/30

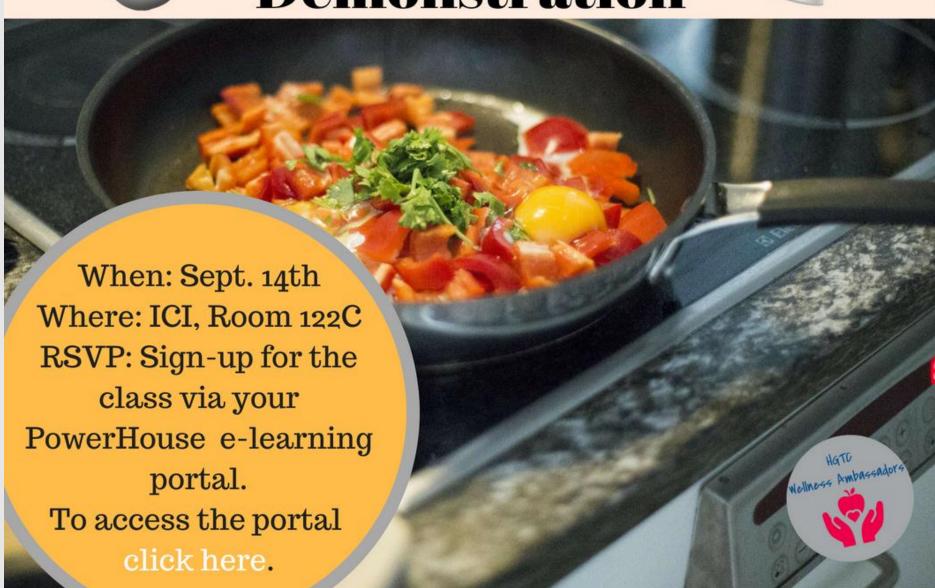
10:30 a.m. - 11:00 a.m.

Building 200, Room 107

Stephanie Sparks, BB&T @ Work



## Well-Cooking Demonstration



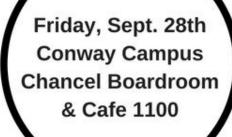
## Invest in Your Health

## for FREE at the



2018 Health Screenings!

Appointments start at 8:00 a.m.



#### The Comprehensive Biometric Screenings Include:

- Health Risk Appraisal
- Lipid Panel
- · Chemistry Profile
- Hemogram Test
- Blood Pressure Check
- Height & Weight Check

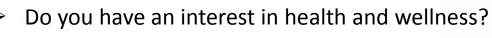
#### **Optional Test:**

- TSH \$7
- HS CRP \$30
- CA-125 \$27
- PSA \$27
- Blood Type \$17
- Vitamin D \$52
- Hemoglobin A1C \$46



To schedule an appointment click here.

### **HGTC Wellness Ambassador Program**



- Are you an advocate for a healthy lifestyle or working towards one?
- Do you want to be a part of a team working to create a healthy campus culture?

If you answered YES to those questions, you are invited to join our team!

#### What is a Wellness Ambassador?

Wellness Ambassadors play a vital role in supporting the promotion of health and wellness among HGTC faculty and staff. Wellness Ambassadors will serve as a liaison between departments and human resources.

#### What is the Wellness Ambassador's Role?

Wellness Ambassadors serve HGTC's key communicators of the wellness program, helping to direct employees to wellness programs, activities, and resources. This role is voluntary with minimal time commitment (approximately 1 hour per month).

#### What you will gain:

- O Motivation to stay committed to your own health and wellness goals.
- Enhanced communication and planning skills.
- O Pride in knowing you have contributed to a healthy workplace and culture at HGTC.

\*We still need representation for the Georgetown Campus.\*



To sign up to be a
Wellness
Ambassador or for
questions, please
contact
kaji.orr@hgtc.edu.



## HEALTHY RECIPE OF THE WEEK

## Broccoli-Bacon Salad

## Ingredients

- 1 clove garlic, minced
- ½ cup low-fat mayonnaise
- ½ cup reduced-fat sour cream
- 2 teaspoons cider vinegar
- 1 teaspoon sugar
- 4 cups finely chopped broccoli crowns
- 1 8-ounce can sliced water chestnuts, rinsed and chopped
- 3 slices cooked bacon, crumbled
- 3 tablespoons dried cranberries
- Freshly ground pepper, to taste



Recipe adapted from www.EatingWell.com

#### **Nutrition Facts:**

Serving size: 1 scant cup; Per serving: Calories 92; Fat 5g; Saturated Fat 2 g; Fiber 2g; Carbohydrates 11g; Protein 3g; Folate 35mcg; Cholesterol 10mg; Sugars 4g; Added Sugars 3g; Vitamin A 1,480IU; Vitamin C 44mg; Calcium 36mg; Iron 1mg; Sodium 160mg; Potassium 191mg

- Instructions
- 1. 1. Whisk garlic, mayonnaise, sour cream, vinegar and sugar in a large bowl.
- 2. Add broccoli, water chestnuts, bacon, cranberries and pepper.
- 3. Stir to coat with the dressing

#### 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 (<a href="kaji.orr@hgtc.edu">kaji.orr@hgtc.edu</a>) to be featured in one of our weekly newsletters, HGTC Human Resources Facebook page and Webpage!

