

Wellness Wednesday

August 22, 2018

IN THIS ISSUE

- Upcoming Health & Wellness Events:
 - [Financial Wellness Day!](#)
 - [Well-Cooking Demo](#)
 - [Worksite Screenings](#)
- [Wellness Ambassadors](#)
- [Healthy Recipe](#)
- [Wellness Wednesday Archives...](#)

Your HGTC
Employee
Wellness
Newsletter!

JOIN US FOR

Financial Wellness Day!

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



When: Sept. 14th
Where: ICI, Room 122C
RSVP: Sign-up for the
class via your
PowerHouse e-learning
portal.
To access the portal
[click here.](#)



Invest In Your Health

for FREE at the 2018 Health Screenings!

Appointments start at 8:00 a.m.

Friday, Sept. 14th
Grand Strand Campus
Speir Boardroom

Friday, Sept. 28th
Conway Campus
Chancel Boardroom
& Cafe 1100

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



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



- Do you have an interest in health and wellness?
- 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:

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

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

HEALTHY RECIPE OF THE WEEK

Broccoli-Bacon Salad

Ingredients

- 1 clove garlic, minced
- ¼ cup low-fat mayonnaise
- ¼ 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. 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 (kaji.orr@hgtc.edu) to be featured in one of our weekly newsletters, HGTC Human Resources Facebook page and Webpage!

