

Wellness Wednesday

June 13, 2018

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Your HGTC
Employee
Wellness
Newsletter!

Join at the event and enjoy \$120 in savings.

Plus, get a \$10 Sam's Club Gift Card*.



Instant Savings**

Enjoy more than \$120 in savings for the first 30 days when you join and receive additional savings throughout the year.

Top-quality brands

Get members-only pricing on high-quality brands you trust — from everyday essentials to unexpected finds.

Cash Rewards†

Sam's Plus® Members earn \$10 in Cash Rewards for every \$500 in qualifying purchases (up to \$500 annually).

Event Details

June 14, 2018 (8-12pm)

HGTC Grand Strand Campus

Building 1000, Speir Boardroom



**This week's special offer:
\$25 gift card instead of \$10!**



FITNESS FRIDAYS!

June 8 | Planning for Financial Security

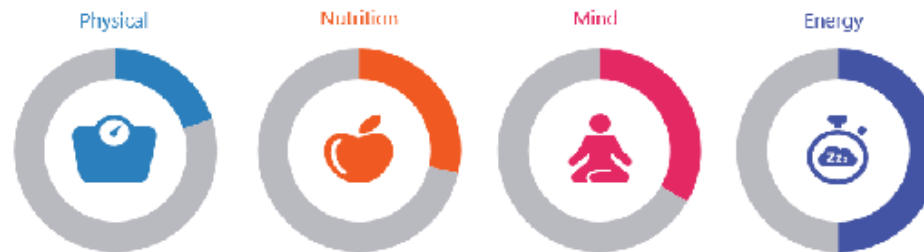
*June 15 | Be Bold, Be Fit**

June 22 | Yoga with Maura Utley

July 13 | Yoga with Maura Utley

July 20 | Free Weights Friday

*July 27 | Stress & Life Balance**



Click here to register for any Fitness Friday session! You will need your PowerHouse (E-learning) credentials.



KNOW

your

STATS

GET REGULAR SCREENINGS

JUNE IS NATIONAL MEN'S HEALTH MONTH

**HORRY COUNTY MEN'S HEALTH COLLABORATIVE
1ST ANNUAL**

MEN'S HEALTH FAIR

"Take Charge Of Your Health"



Make Prevention a Priority. Many health conditions can be detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, and more.

A Family Fun Event!



A Father's Place

**Contact A Father's Place for
Information and Details**

843-488-2923

www.afathersplace.org

**SATURDAY
JUNE 16, 2018**

10:00am-2:00pm

**Horry Georgetown Technical College
Conway Campus Building 1100**

**2050 East Hwy 501
Conway, SC 29526**



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.

****Ideally, we would like at least one
Wellness Ambassador in each department.***

Summer of Gratitude Challenge

Do you ever feel that you are caught up in the motions of life, but actually stop to enjoy the small moments?

Keeping a gratitude journal can help with taking a minute each day to step back and reflect on the good things that have happened.

Gratitude can help you to appreciate the small joys in life and become less dependent on material “happiness”. Those who express gratitude on a regular basis have been shown to increase overall happiness, improve relationships, increase work productivity, and reduce perceived stress. Other benefits of keeping a gratitude journal include:

- Better sleep (calmness)
- Clarity in your life’s journey
- Learning what really matters most to you
- Becoming more self-aware
- Reminders of wonderful life truly is!

Challenge: Keep a gratitude journal for 60 days (5 days, 12 weeks). Journal entries can be written or photographed.

**This is a personal challenge. Participants need not submit entries to Wellness Team.*



Countdown to retirement season...

June 30 is a popular retirement date, and it's also the end of the TERI Program. When an employee begins planning for Retirement, there are several resources he or she should review. These resources can be found [here](#). After reviewing the information on this page, if you would like to speak with someone about Retirement set up a meeting with the Benefits Specialist or contact PEBA at 888-260-9430 to schedule a meeting with one of their representatives.

The background of the entire slide is a photograph of two red Adirondack chairs on a sandy beach, facing the ocean. The chairs are in the foreground, and the ocean with gentle waves is in the background under a clear sky.

[Click Here To Schedule Your Retirement Appointment](#)

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!

