

Wellness Wednesday

May 30, 2018

IN THIS ISSUE

- [Fitness Fridays!](#)
- [Financial Literacy Seminar](#)
- [Summer of Gratitude Challenge](#)
- [Work/Life Balance](#)
- [Retirement Season is Near](#)
- [Healthy Recipe](#)
- [Wellness Wednesday Archives...](#)

Your HGTC
Employee
Wellness
Newsletter!



FITNESS FRIDAYS!

June 8 | Planning for Financial Security

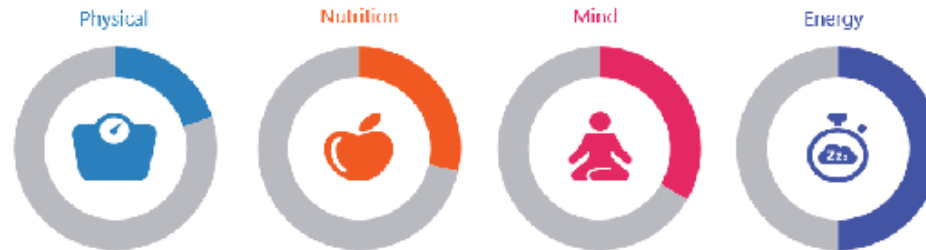
*June 15 | Be Bold, Be Fit**

June 22 | Yoga with Maura Utley

July 13 | Yoga with Maura Utley

July 20 | Free Weights Friday

*July 27 | Stress & Life Balance**



TIME & LOCATION MAY VARY

DETAILS REGARDING SESSION WILL BE ADVERTISED EACH WEEK

**Event subject to change.*

VALIC Financial Literacy Seminar

Register for this
seminar today with
the following code:
HTCCON11AB

Register now



In an effort to provide you with tools to better prepare to meet your financial goals, we are very proud to partner with VALIC to offer an educational workshop on **Planning for Financial Security**. This seminar provides useful information about financial planning and how to apply its concepts in personal finance.

In this seminar, you will learn about:

- Cash management
- Tax planning
- Risk management
- Retirement planning
- Estate planning
- Investment planning
- Long-term care

Details

Date: Friday, June 8, 2018

Time: 11:00am - 12:15pm

Location:

HGTC Conway

Building 200, Room 221

Conway, SC 29526

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.*





Are You Losing at the game of Work/Life Balance?

Review some of the latest books, trends and resources on the subject of Work/Life Balance, available in the [POWERHOUSE](#) e-learning portal – anytime, anyplace.

- View books and videos online or download them to your computer, tablet or eReader.
- Listen to audio files online or download them to your MP3 player.

Check out some of the new featured content that has been made available for all HGTC employees. To access these assets, just login to [POWERHOUSE](#) and type the title or ID into the Search & Learn Toolbar.



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 page 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

Smokey Maple-Mustard Salmon

Ingredients

- 3 tablespoons whole-grain or Dijon mustard
- 1 tablespoon pure maple syrup
- ¼ teaspoon smoked paprika or ground chipotle pepper
- ¼ teaspoon freshly ground pepper
- ⅛ teaspoon salt
- 4 4-ounce skinless center-cut wild-caught salmon fillets



Recipe adapted from
www.EatingWell.com

Nutrition Facts:

Serving size: 4 ounces; Calories per serving: 148; Fat 4g; Saturated Fat 1g; Protein 23g; Carbohydrates 4g; Fiber 0g; Cholesterol 53mg; Iron 1mg; Sodium 276mg; Calcium 49mg; Sugars 3g; Added Sugars 3g; Folate 13mcg

Instructions

1. Preheat oven to 450 degrees. Line a baking sheet with foil and coat with cooking spray.
2. Combine mustard, maple syrup, paprika (or chipotle), pepper and salt in a small bowl. Place salmon fillets on the prepared baking sheet. Spread the mustard mixture evenly on the salmon. Roast until just cooked through, 8 to 12 minutes.

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!

