



Wellness flash

SMART STEPS RUTHERFORD COUNTY EMPLOYEE WELLNESS PROGRAM

Rutherford County

SEPTEMBER 2013

Employee Wellness Fair

Mark your calendars, because you don't want to miss out on this year's employee wellness fair on Friday, October 11th from 3:00 pm to 7:00 pm. The fair will be held at Lane Agri Park in the Community Center, 315 John Rice Blvd. Murfreesboro, TN.

Stop by for your FREE flu shot and HRA blood draw (with ins card) from RC Med Point Clinic. Several other free screenings will be available.

Do you want a FREE Angioscreen? Send me an email!

kperrien@rutherfordcounty.org

On a recent employee survey, many requested we offer the fair during Fall Break. We hope this year is more accommodating to your schedule and we are excited to welcome you this year's event!



STEPtember Fitness Challenge!



Take our 6 week fitness challenge from September 9th-October 18th! Register your team of 10 for STEPtember. This challenge encourages you to fit physical activity into your daily routine and have fun doing it! Being active for just minutes a day will help you manage your weight, increase your energy, reduce stress and improve your quality of life.

The challenge is for all team members to complete 150 minutes (2 hours and 30 minutes) of any moderate aerobic physical activity each week and record it on their participant log. Weekly motivational tips will be emailed to each participant.

TO REGISTER YOUR TEAM OF 10 CONTACT: LORI COOK VIA EMAIL AT LORI.K.COOK@WALGREENS.COM

RALLY FOR RECOVERY!

RECOVERYSUPPORTFOUNDATION.ORG | FACEPAINTING

SAVE THE DATE!
8TH ANNUAL DR. DAVID T. DODD
5K RUN

GATEWAY TRAIL RECEPTION CENTER
SATURDAY, SEPTEMBER 21
 REGISTRATION AT 6:30 AM / 5K AT 7:30 AM
 ONE MILE FAMILY FUN RUN BEGINS AT 8:30 AM

WELLNESS HAPPENINGS

SEPTEMBER 2013

SEPT. 7: **UT/TSU Extension Women's Wellness Fair** 8:00 AM - 5:00 PM
Lane Agri Park Auditorium

SEPT 9-OCT. 18: **STEPtember Fitness Challenge (6 week online program)**
To register, email:
lori.k.cook@walgreens.com

SEPT. 10 **Smart Steps Healthy Cooking Class "Trying unique Whole Grains"** 5:00 PM - 6:00 PM,
RC Health Dept.—Smyrna
To register email:
kperrien@rutherfordcounty.org

SEPT 17: **LifeServices Webinar: "Suddenly You're a Caregiver"**
online 11 AM & 1 PM CST
www.lifeserviceseap.com

FOR MORE WELLNESS HAPPENINGS AND INFORMATION VISIT SMART STEPS ONLINE:
www.rutherfordcountyttn.gov/rm/wellness.htm

SEPTEMBER 2013, CONT.

SEPT. 21: **Rally for Recovery 5K**
7:30 AM GATEWAY TRAIL
See info on front of newsletter

SEPT. 24: **UT/TSU Extension "Seasonal Eating Demos"** 9:00 AM
Community Ctr. Lane Agri Park,
Farmer's Market Extension staff will
prepare tasty dishes from seasonal
produce. Tastings/recipes included.

OCTOBER 2013

OCT. 11: **Rutherford County Employee Wellness Fair**
3:00 PM - 7:00 PM, LANE AGRI PARK
COMMUNITY CENTER (315 JOHN RICE
BLVD. MURFREESBORO, TN)

This summer, Smart Steps Employee Wellness in conjunction with RC Health Dept. and RC Farmer's Market have offered free Healthy Cooking Classes. This summer series has been "Quick & Easy Weeknight Recipes"



Photo: Jennifer Smith and Lizzie Hall

Over the summer Jennifer Smith, Registered Dietitian at RCHD has taught us how to make Skillet Lasagna, Tomato Onion & Cucumber Salad, as well as Blueberry Pandowdy. At the RC Farmer's Market, we learned how to make Baked Parmesan Eggplant using fresh RC produce.

Come to our FIRST Smyrna location class on 9-10-13 @ 5:00p.m.

Join us at RC Smyrna's Health Dept. in their new kitchen to wrap up this year's Summer session. We will be trying a unique variety of whole grains. Participants will be given recipes, samples, and a chance to win a Green Pan.

To attend, call Kelli at 898-7715 or kperrien@rutherfordcounty.org



Email:
stevensfamilytkd@yahoo.com
(subject: RC Employee) from now to September 6th to be entered to win one free month membership!

COME JOIN OUR FAMILY
We Build Champions For Life

Not just your average Martial Arts School, at Stevens Family TaeKwonDo, there is something for everyone in the family. Rooted in a traditional TaeKwonDo background, Stevens Family TIKD offers a strong program in the Martial Art, for both children and adults. Headed by Sixth Degree Black Belt, Mr. Jack Stevens Jr., the school has over 30 years experience in practicing and teaching TaeKwonDo. Students have the option to compete year round with schools across the United States through the school's affiliation with CTF. Stevens Family's After School Program has the distinction of offering the only structured program of its kinds in the area. Students get daily exercise in class, tutoring with homework and social/fun time, enabling family to enjoy their time at home together. During the Summer months, the school hosts all day Summer Camps that take the students to daily field trips including educational stops all week long. In addition to traditional TaeKwonDo, Stevens Family offers other program including: KRAV MAGA, KICKBOXING, YOGA, TUMBLING, AND SELF DEFENSE: All for one affordable price.

Come try out each class for FREE. Stay, because you love it.

805 COMMERCIAL COURT * MURFREESBORO TN

Take your best shot at flu prevention this fall by getting a flu shot!

New!
This year
dependents
included

Stay Healthy this Season!

OCTOBER 2013

RUTHERFORD COUNTY EMPLOYEE FLU SHOT CLINICS

DATE	TIME	LOCATION
FRIDAY OCTOBER 11, 2013	3:00 PM – 7:00 PM	Employee Wellness Fair Community Center at Lane Agri Park 315 John Rice Blvd. Murfreesboro, TN
OCTOBER 14–18, 2013 & OCTOBER 21–25, 2013	8:00 AM – 5:30 PM	Med Point Clinic at Blackman Elementary 588 Fortress Blvd. Murfreesboro, TN
OCTOBER 14–18, 2013 & OCTOBER 21–25, 2013	8:00 AM – 5:30 PM	Med Point Clinic at Stewarts Creek Elementary 202 Red Hawk Parkway Smyrna, TN
OCTOBER 15, 2013 & OCTOBER 22, 2013	1:00 PM – 5:30 PM	Med Point Clinic at Walter Hill Elementary 6309 Lebanon Pike Murfreesboro, TN

***Free flu shots for employees & dependents over 3 years of age participating in the RC Medical plan.**

In addition, free flu shots will also be available at Walgreens Take Care Clinics for members of the plan.

Centers for Disease Control and Prevention Information: Influenza and the Flu Vaccine

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. The single best way to prevent the flu is to get a flu vaccine each season. About two weeks after vaccination, antibodies develop that protect against influenza virus infection. Flu vaccines will not protect against flu-like illnesses caused by non-influenza viruses. The seasonal flu vaccine protects against the three influenza viruses that research suggests will be most common this year.



Rutherford County Risk Management