

September 2018

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# Wellness Committee

Fostering a workplace culture that supports healthy lifestyle choices for all

## Quarterly Newsletter

**"SAY WHAT?"**

Did you know?

Fall is a great time to start making small changes that will lead to big gains in your overall wellness. Here are some suggestions (Web MD, Barbara Russi Sarnataro):

1. treat your senses: cooler temps, fall foliage, crunchy leaves, fall smells
2. New school year=learning something new
3. Do activity while watching t.v., i.e., sit ups, march in place
4. 30 day rule: takes body about 4 weeks to adjust to lifestyle changes

**HEALTHY DELICIOUSNESS**

Strawberry Salsa

1 1/2 cups fresh strawberries, chopped small

1/2 jalapeno pepper, minced

1/4 cup onion, minced

2 T cilantro, finely chopped

1 1/2 teaspoons lime juice

Mix all ingredients together in a bowl. Flavors will blend if refrigerated for 30 minutes or more before serving

Refrigerate leftovers within 2 hours.

Serving size: 2T

Calories: 5 Carbs: 2g

Total Fat: 0

Sugars: 1g

**WELLNESS CHAMPION**

Bruce Main has been chosen for our Wellness Champion for the third quarter. Bruce was nominated because he is always participating in and encouraging co-workers to get involved in TRC events. Bruce is very health conscious: he is involved in Striders, SUFU, Battle of the Businesses and several area runs for charities. Bruce loves to play pickleball and is very creative with art and gardening. Bruce likes to try new things. Congratulations Bruce!



**HEALTHY LIFESTYLE TAKEAWAYS**

Change behavior. Change the World. This was the tag line for the Fitbit Captivate Conference 2018 in Chicago. The theme for this conference focused on making small changes on a daily basis and the impact that this can have on a person's overall health. Sleep's impact on a person's overall wellness was a presentation, along with the stages of change. Are you ready? Are you ready to make those small changes, every day, to lead you to overall improved wellness???

**SUGGESTION ANSWERS**

There were no suggestions from the suggestion boxes located throughout the agency.

If you have any suggestions, please fill out a slip and place it in the suggestion box found at the following locations:

- Foote, MJRC, Cappa, Lakeshore,



**Caption describing picture or graphic.**

*“To catch the reader's attention, place an interesting sentence or quote from the story here.”*



**Caption describing picture or graphic.**

## Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

## Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

## Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find “filler” articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in

your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the

president, or an editorial. You can also profile new employees or top customers or vendors.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

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**Caption describing picture or graphic.**



BUSINESS NAME

Primary Business Address  
Your Address Line 2  
Your Address Line 3  
Your Address Line 4

Phone: 555-555-5555  
Fax: 555-555-5555  
E-mail: someone@example.com



Your business tag line here.

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

## Back Page Story Headline



**Caption describing picture or graphic.**

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of

managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors

every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.