

June 2018

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Wellness Committee

Fostering a workplace culture that supports healthy lifestyle choices for all

Quarterly Newsletter

“SAY WHAT?”

Tick Bite Prevention (CDC)

- Stay away from grassy, bushy, wooded areas
- Treat gear/clothing with tick repelling products (.5% permethrin)
- Use EPA registered insect repellants
- Walk in center of trails
- After being outside, check for ticks
- Tumble dry clothes for 10 minutes
- Shower w/in 2 hours of coming indoors and complete a full body check

HEALTHY DELICIOUSNESS

Healthy Summer Squash

(Cook Eat Share)

- 1 tablespoon olive oil
 - 1 medium yellow squash and zucchini
 - 1 tsp finely crushed Rosemary leaves
 - 1/2 tsp garlic powder
 - 1/4 tsp ground black pepper and 1/4 tsp fresh ground sea salt
 - 1 cup grape tomatoes
- Heat olive oil in large non-stick skillet over medium high heat.
- Add squash/zucchini, cook and stir for 3 minutes Sprinkle with Spices. Add in tomatoes. Cook until veggies are tender/crisp.

WELLNESS CHAMPION

Julie Vogan is our first Wellness Champion. Julie is a Residence Coordinator and has achieved lifetime status with Weight Watchers. She has taken her healthy lifestyle and encourages her family and those around her to get moving. She is an inspiration to others.



HEALTHY LIFESTYLE TAKEAWAYS

This quarter’s healthy lifestyle takeaways will deal with summer safety tips:

- On hot days, break every 20-30 minutes and drink water
- Apply sunscreen every two hours (more if swim/sweat)
- Limit exercise to early morning/evening
- Limit outside activities during 10am to 4pm

SUGGESTION ANSWERS

(from suggestion boxes located at MJRC, DUNHAM, CAPPA, LAKE-SHORE AND FOOTE)

There have been no suggestions from any of the boxes displayed throughout the agency.

Suggestion: check out the local areas Fitness in the Parks opportunities. Posters have been displayed with the information at MJRC, FOOTE, DUNHAM



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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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.