



HEALTH EDUCATION PROGRAMS

Fall 2015

Are you considering setting goals for better health in 2016?

If yes, please join Excellus and the Wellness Council on Tuesday December 8 and/or Thursday December 10 at noon in the Empire Room for health education programs that will help you get 2016 off to a great start! Program details are below and we hope to see you there!

Please RSVP to Julianna Frisch at jfrisch@monroecc.edu if you plan to attend so we can be sure everyone will receive a copy of the program materials and to be entered into the daily prize drawings!

Tuesday Dec. 8: Be Stressed Less!

Experts estimate that 80% of all diseases may actually be stress related. Employees will learn how to live and manage their stress, not run from it. Techniques and skills to manage life's inevitable stressors and combating the effects of stress will be addressed in this relevant presentation.

Thursday Dec. 10: Move More, Feel Better!

Every bit of physical activity counts! Overcome barriers, get motivated, and start moving! This workshop discusses the benefits and importance of physical activity. Participants will be taught tips and tools to incorporate physical activity into their everyday, busy lives. Come as you are, change of clothes is not required.

Our Vision:

1. Participation support of community-based organizations that promote wellness.
2. Education of employees through wellness-related programs, activities & information.
3. Increasing awareness in the College community of the purpose and vision of the Wellness Program at MCC.
4. Empowering individuals to take responsibility for their own health.
5. Increased College participation.



Council members and family getting our "walk-on" at Homecoming 2015!



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.