
Arizona State University Employee Wellness Program

Health Watch News

Volume 14 No. 1 WELLNESS PROGRAMS AT THE POLYTECHNIC CAMPUS

SEPT-DEC 2009

Flu Shots at Polytechnic Campus

Flu shots for employees only will be offered
TUES, Oct. 6, and THURS, Oct. 8.

IMPORTANT: To receive the shot *at no charge*, you must show BOTH your valid State-of-Arizona issued employee insurance card *and* your valid ASU Sun Card (no exceptions). All benefits-eligible ASU employees are welcome. Non-benefits-eligible employees may receive a flu shot for \$12.

Employees' family members, retirees, student employees, graduate assistants and other students are NOT eligible to receive a shot through this program—and no exceptions will be made. Shots will be given on a first-come-first-served basis for as long as the supply lasts.

TIMES/LOCATIONS

OCT 6 and 8 | 8-10am | Union Cooley Ballroom A

NOTE: The Student Flu Shot Clinic is 10am-2pm (Employees also are welcome during this time)

NO APPOINTMENT NEEDED

Balance and Wellness

If you would like to learn how to maintain and improve your balance, put on your exercise shoes and come to this seminar on balance and fall prevention. There will be a short balance assessment and a demonstration of some balance exercises you can do at home.



Melanie Mitros is a certified clinical exercise specialist (ACSM), certified strength and conditioning specialist (NSCA) and certified athletic trainer (NATA). Ms. Mitros received her undergraduate degree from Middle Tennessee State University in athletic training; her Master's from Wake Forest

University in Health and Exercise Science and is a doctoral candidate in the Physical Activity, Nutrition and Wellness PhD program at ASU, where she is developing and conducting fall prevention programs.

TUES, Nov. 10 | Noon-1pm | Union Cooley Ballroom A

Register: Sherry Ramsey | 480.727.1956

Jackie Miller | 480.727.1085

polyhealthwatch@asu.edu

DEADLINE TO ENROLL: TUES, Nov. 3

A minimum of 10 participants is required.

Yoga/Tai Chi 101

The word yoga means “union” of the body, mind and soul. Yoga will strengthen, stretch, tone and relax your body—plus alleviate stress and refresh the mind.

Tai Chi is meditation in motion. Slow, dance-like movements build stamina, strength, concentration and grace. The combination of yoga and tai chi moves energy through the body and clears the mind.

Presenter Mary Cornely is a registered yoga teacher who started practicing yoga in 2002 and completed the Southwest Institute of Healing Arts (SWIHA) Yoga Teacher Certification Program. Dress appropriately and bring a mat, towel or blanket.

TUES, Dec. 1 | Noon-1pm | Union Cooley Ballroom A

Register: Sherry Ramsey | 480.727.1956

Jackie Miller | 480.727.1085

polyhealthwatch@asu.edu

DEADLINE TO ENROLL: TUES, Nov. 24

A minimum of 10 participants is required.

PERSONAL STORY

The Myths & Facts of Organ Donation

According to the United Network for Organ Sharing (www.UNOS.org), more than 101,000 Americans—including more than 1800 Arizona residents—were on the national waiting list for a life-saving organ transplant as of April 1, 2009.

Our guest speaker will tell a personal story regarding organ & tissue donation and how it has affected their life. The Donor Network of Arizona will have a representative available to discuss the facts of donation, eliminate misconceptions and answer questions regarding donor registration.

THURS, Sept. 17 | Noon-1pm | Union Cooley Ballroom A

Register: Sherry Ramsey | 480.727.1956

Jackie Miller | 480.727.1085

polyhealthwatch@asu.edu

A minimum 10 participants is required.

DEADLINE TO ENROLL: THURS, Sept. 10



Health Watch News is a publication of the ASU Employee Wellness Program, a division of Human Resources.

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