



Wellness Information and Events

October 2021

Lose Weight with 8-Weight Loss Class

Taught by registered dietician Rose Trevouledes, this lifestyle change class will help you to fight belly fat, reduce weight and waist size. Meal plan is provided as well as information each class on very specific habits and eating the right types of foods and fitting in the foods you like to eat. Classes will be on Wednesdays, October 6th-November 23rd from 4:15-5:15, Cost is \$180.00. (last date will be the Monday before Thanksgiving.) If you are interested, please email me at cterry@iu17.org.

Health Screenings/Flu Shots

We are underway for health screenings/flu shots in school buildings/Penn College. You should receive an email 2 weeks ahead of the screening and there will be an online link to sign up. If an available timeslot doesn't work for you, go ahead and sign up for one that is and I can override the system and change your appointment. The health screenings are free for all employees (full or part time) and their spouses/domestic partners.

3 Important things to note about the screenings

- 1. You must be masked**
- 2. You must fast for 12 hours**
- 3. For the Flu shot, you must bring a copy of your insurance card (front and back)**

Platinum Health Courses-Mark Your Calendars

I will be listing the registrations for upcoming Platinum Health courses in Mid-October on my website health.iu17.org. The first courses will take place in November and December. Coming up we will have

Cooking with Carnie-11/3 6-7pm Busy Morning Breakfast Ideas

Mental Health Series-11/16 6-7pm with Dr. Lindsay Sauers

In December we will have a Women in Investing Course as well as Nutrition Basics, dates to be determined.