



## Wellness Information and Events

**November 2022**

**For more information go to [health.iu17.org](http://health.iu17.org)**

### Health Courses Coming Up

**Cooking with Carnie-Tuesday 11/15, 6-7pm Sausage, White Bean and Kale Soup and Caesar Salad**

Register here: <https://elrn.org/Register.aspx?ScheduleID=5659>

**Shop and Save Class (without extreme Couponing) Tuesday, November 29th 5:15-6:15pm**

"Do you want to learn how to shop and save money on items you use every day? This professional development will show you some tools to use for in-store and on-line shopping. Come join us for some fun & giveaways!" This is a live class at IU 17, 2400 Reach Rd, Williamsport

To Register click Here: <https://www.elrn.org/Register.aspx?ScheduleID=5660>



## Wake up and Learn Sleep Program

We are excited to introduce a new program starting in December with Geisinger's Sleep Study and Research team.

**Sleep screening and personalized feedback:** Adult participants complete two short, validated surveys online: the Epworth Sleepiness Scale (ESS) and the Sleep Disorders Symptom Checklist (SDS-CL-25). After completing the surveys, participants are given *immediate feedback* as to whether their responses indicate a high or low risk for sleep problems. Those in the high-risk category are given the opportunity to complete a more comprehensive online survey (Alliance Sleep Questionnaire, ASQ). The ASQ, which is reviewed by a program-affiliated sleep professional, allows for the identification of specific sleep pathology, and includes depression and anxiety screeners. Participants are sent a *personalized letter* outlining the finding of the ASQ and offering strategies to address the identified sleep problem(s). (This is a confidential program-no one will know the results of your surveys except the clinicians at Geisinger) You will receive **75** points for participating in the sleep survey program if you are participating in the Embrace your path wellness program.

## Did you know you can use Telemedicine for a Visit to the doctor?

With Cold and flu season right around the corner, it easy to talk with a doctor to get help! Well360 Virtual Health lets you talk with a board- certified doctor in your area, right away. Just log in or call 1-866-883-7358 to connect.

<https://well360virtualhealth.com/landing.htm>