



## Wellness Information and Events

February 2023

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

### Health Courses Coming Up

**Cooking with Carnie: Tuesday, February 28th, 6-7pm , Two for 1! Breakfast meals and healthy snacks!**

To Register click here: <https://www.elnr.org/Register.aspx?ScheduleID=5716>

### Sleep Surveys are still available-For All Employees

If you didn't get around to filling out the sleep survey and still would like to participate, please click on the link to start the process or scan the QR code into your mobile device: <https://redcap.link/lycomingwellness>



You may 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 Geisinger Wake Up and Learn Team).

The initial sleep screeners take about 5 minutes to complete and can help identify if you are at risk for a sleep disorder. Based on the initial surveys, you may be offered the opportunity to complete a more extensive sleep screener which is reviewed by a sleep specialist.

You will receive personalized feedback identifying potential areas for improvement and treatment recommendations that you can share with your doctor if you choose.

### Health Screening

Saturday, February, 11th 8:30-9:30am

To register: <https://upmchealthypartners.as.me/LCIC>

Where: BLAST IU 17, 2400 Reach Rd, Williamsport

Screenings are free for all employees and spouses!



## Wellness Information and Events

**February 2023**

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



### **Lose Weight with 8 Course**

**REACH YOUR GOALS IN 2023!**

**Next 8 Week Weight Loss/Wellness Class**

**Wednesdays, February 15 – April 5, 2023**

- *Lose weight without feeling hungry, yes you can eat carbs!*
- *Rose's easy to follow plan: Lose Weight With 8 received a trademark with the US Patent Office in December 2020*
- *Healthy fats (MUFA) to target belly fat and speed weight loss*
- *Topics include: lowering risk of chronic disease, reversing insulin resistance, gut health, Blue Zones, DASH guidelines and more!*
- *Plan may improve blood pressure, fasting blood sugar and cholesterol*
- *Participants have lost up to 120+ pounds, reversed pre-diabetes and fatty liver, significantly improved A1C, and reduced or eliminated need for prescription medications*

**Info session/Sign Up: Wednesday, February 8<sup>th</sup> at 4:45**

**Location: Penn College (it is open to all members of the school districts and Penn College)**

**Cost: \$200.00, cash or check made out to Live It Nutrition**

**Register early by emailing Carmen Terry @ [cterry@iu17.org](mailto:cterry@iu17.org)**

