

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



Copies available at tpm.scgov.net or from Angela Deem at adeem@scgov.net

Humor: A Serious Weapon in the Fight Against Stress

Workplace stress is a serious issue these days. With “burnout” and “stress related illness” becoming more common, organizations are looking to find new ways to keep their workforce happy, healthy and productive. Humor and laughter have been well documented as powerful tools in coping with stress, but how do you go about developing those skills if you don’t already have them?

This class will explore humor as a significant stress reducer and show you the positive effects of laughter and humor. The class will also show you ways to add humor and fun into your daily life.

August 16, 2007
11:30-1:00

2817 Cattlemen Road, Conf Room B

Register on TRAC 1FIT3079
or contact adeem@scgov.net

More classes on Money, Retirement & Insurance

Using the FRS to Plan for Your Retirement

Wednesday, August 15, 8:30-10:00 am, BOB, Large Training Room

Cash and Debt Management: Smart Spending

Wednesday, August 15, 10:30-11:30 am, BOB, Large Training Room

Insurance Planning: Protecting Your Loved Ones

Wednesday, August 15, 1:00-2:00 pm Admin Bldg, Training Room

Register on TRAC

Firefighter Boot Camp!



CHALLENGE YOURSELF, FEEL BETTER & HAVE MORE ENERGY!

Meets on Mondays & Wednesdays
July 30, 2007-Sept. 12, 2007
5:45pm-6:45pm for 6 Weeks



Classes Meet At Fire Station #2:
2070 Waldemere St.
2nd Floor Training Room

Only \$12 per person/\$1 per class

Register on TRAC/Course Code:
1FIT3060 (Spouses Welcome)

Contact Natalie Rotella for more information at 650-5294
or nrotella@scgov.net

Stay Hydrated!

“Always drink before, during and after exercise: plain water is fine. During physical activity you may become significantly dehydrated before you feel thirsty. As you exercise, it’s possible to lose up to two quarts of water before you notice your fluid loss. If you drink only when you’re thirsty, you may not be drinking enough.”
University of California, Berkely Wellness Letter. #137