

**Living Well**  
EMPLOYEE HEALTH & BENEFITS  
*Stall Talk*



Copies available at [tpm.scgov.net](http://tpm.scgov.net) or from Angela Deem at [adeem@scgov.net](mailto:adeem@scgov.net)

**Incentive payout 02/09/07**

Wellness Incentives (\$50-\$100) for the 2007 program will be included in the paycheck that is distributed the week of 02-09-07. Elected Official employees may see their incentives the week after this.

Please note that only the Health & Fitness Screening (\$50) and completion of the on-line HRA (\$50) will be included in this distribution. All other programs can be completed in the coming months.

"The greatest gift that extraordinarily successful people have over the average person is their ability to get themselves to take action."

--Anthony Robbins



**Exercise & Fitness Boot Camp**

**Terrace Bldg, Tues & Thurs**  
**5:30-6:30 pm**

**Twin Lakes Park, Mon & Wed**  
**5:45-6:45 pm**

**Both classes begin the week of 01/29/07 & go for 9 weeks. Fee = \$20**

**Register for classes on TRAC or email [adeem@scgov.net](mailto:adeem@scgov.net)**

**GuidanceRESOURCES® ONLINE**



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*The website reviews a variety of topics (see below) many of which can be discussed at a confidential office visit with a local provider. SCG employees receive 5 free visits with a local provider for each issue or situation.*

- **Health & Wellness:** Information on physical fitness, mental and emotional health, nutrition, pregnancy & more.
- **Family & Relationships:** Covers topics like parenting, marital issues, child and elder care and adopting a child.
- **Work & Education:** Discover ways to choose a school, improve your professional skills and personal life and further your career.
- **Money & Investments:** Get the bottom line on personal finance, debt, taxes, estate planning & other money matters.
- **Law & Regulations:** Need family, consumer, criminal or personal-injury law advice, or maybe direction with legal aspects of real estate, taxes, insurance and bankruptcy.
- **Life Events:** Whether you are planning an event like attending college or retirement, or you experience the sudden loss of a loved one, we have information to help you through life's transitional periods.