

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



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

New Living Well Program Intern Arrives!

Who is Bryna? I am a senior at George Mason University with a concentration in Health Promotion. My love of this field started while working in healthcare. My goal is to educate people on how to be proactive regarding their health by implanting that we all have the ability to take control of our wellbeing. I have a love of running, and I am currently developing a beginners running program for employees. I am originally from New Jersey, but have been living in Virginia for the past ten years. This is a great community with warm and welcoming people, and I am looking forward to the rest of my time here. I look forward to seeing you all in the fitness center.

From Seat to Street Program: A Beginners Guide to Running

The class will introduce the fundamentals of running along with motivation techniques, and tips. If you have been interested in running, but have been putting it off, this class is for you! Weekly runs and pre and mid point assessments will be done.

Feb 20 – April 9, 12-1
1660 Ringling, 2nd floor, AB Conference Room

Contact bhackett@scgov.net or 861-5299 with questions.

Blood Drive
2817 Cattlemen Road
02/29/08 (Friday)
8:30 - 10:30 a.m.
(Back parking lot)



Please consider donating the precious gift of life through your blood donation.

Call Loretta Levinus at 861-6235 or llevinus@scgov.net to sign up for a time slot.

Nutrition & Weight Loss 101- Getting Started

This class series will cover a variety of topics that will assist participants in initiating lifestyle changes that will help them manage their weight and eat in a healthy way.

April 7 – May 12 (Mondays)
12:30-2pm

BOB Falcon Room
1FIT3101 (Register in TRAC)

Topics include:

- Food journaling and your role in meeting your goals
- Good nutrition/portion control. Establishing a food plan that works for you
- Differentiating between carbohydrates, protein and fats
- Scripting – Learning how to handle tough and tempting situations
- Learn new forms of coping mechanisms for stress, boredom, etc that do not include eating
- The importance of setting yourself up for success and the role of exercise.

TRAC Converting from SSNs to Employee IDs for Logon

After Feb. 15th, all employees will be required to enter their Employee ID number when logging on to TRAC. (No longer will one's social security number be used for logging on purposes).

If an employee does not know their Employee ID # by heart, this information can be found one of two ways:

1. Look at the back of their county badge/photo ID. The number should be printed on the back of the badge.
2. Log-on to e-HR. The employee ID is located just behind one's name on the toolbar and is 6 digits long.

Until this conversion is completed, employees are being instructed to use their SSN (with the dashes) first, if unsuccessful, then enter the Employee ID number.

Questions contact: jflasker@scgov.net