

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



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

Blood Pressure & Body Composition Clinics Now on the New Mobile Health Clinic!

Clinics will be held from 8-10am at the following locations:

BOB – 2nd Tuesday of each month
(North side of the building)

Sheriff's – 3rd Wednesday of each month
(2071 Ringling entrance)

Terrace Bldg – 4th Thursday of every other month
(Beginning in January, Ringling entrance)

2817 Cattlemen - 4th Thursday of every other month
(Beginning in February, East entrance)

Clerk's Office – 4th Friday of every other month
10-12pm
(Beginning in January, Ringling Blvd. entrance)

No appointments necessary. Additional services & locations to be offered in the coming months, please stop by and hear about the all the great opportunities to come. Contact adeem@scgov.net or 650-9908 for more information or to schedule at your location.

New Onsite Chair Massage

New Licensed Massage Therapist Donna Garrison specializes in back and neck pain relief and will be offering chair massage at the BOB Bldg. & 2817 Cattlemen Road.

Mondays beginning February 4, 2008
10-12pm at 2817 Cattlemen Road, Room C
1-3pm at BOB, Eagle Room

The sign up sheet will be located outside the door. The cost is \$1 per minute, minimum of 15 minutes. Questions: nrotella@scgov.net

Total Transformation: A Parent's Program for Managing Behaviors in Children Class Series

**March 4th through April 22nd
(Every Tuesday): Noon-1:00pm
Jacaranda Library**

The Total Transformation program is designed to help parents become more effective at teaching their children the problem-solving skills they need in order to make progress in life. Struggling with a child's behavioral difficulties can feel isolating, frustrating and embarrassing for parents. This program will empower parents with the knowledge and skills to recognize their influence, as a parent, in their child's behavior and learn more effective parenting skills. These classes are not limited to parents whose children have challenging or disruptive behavior but are also for parents who want to learn skills to prevent their child's development of such behavioral issues.

This class is 8 weeks in length and has a workbook, 7 CD's (audio) and 2 DVD's.



Register on TRAC Course Code: 1FIT3071

<http://www.thetotaltransformation.com/TheProgram.aspx>