

# 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)

### Migraines: Diagnosis and Treatment Class

Migraine is a medical condition just like blood pressure or diabetes. It requires accurate diagnosis and a comprehensive treatment plan. Many patients should be under the care of a headache specialist. There is no need to suffer with this disabling condition.

Attend this class and learn about the prevalence of migraines, diagnosis, treatment, preventive therapies and non-pharmacological treatment options.

**Friday, July 25<sup>th</sup> 12-1pm**

**Clerk's Office, 2000 Main Street, Room 304  
Register on TRAC 1FIT3109**

### Nutrition & Weight Loss 101 – Getting Started

This class will cover a variety of topics that will assist the participants in initiating lifestyle changes that will help them manage their weight and eat in a healthy fashion. The classes will cover the following topics:

**Mondays, August 18-August 29<sup>th</sup>  
12:30-2:00pm**

**1660 Ringling Blvd, 2<sup>nd</sup> Floor Conference Room  
Instructor: Heidi-Jo Kaplan, MS, RD, CDE  
Register on TRAC 1FIT3101**

### The Facts on Supplements

Do you have trouble deciding which supplement you should take to improve your health and which one is just a waste of your money? Come to this class to learn the basics of nutrition supplements, why one should take a particular supplement, and what to look for in the science supporting this lifestyle.

**Tuesday, August 19<sup>th</sup>  
12-1:30pm**

**2817 Cattlemen Road, Conference Room B  
Register on TRAC 1FIT3106**

### Healthy Eating Every Day Class (HEED) Learn the Skills to Eat Healthy for Life!



Improve your health and the quality of your life through balanced eating! *Healthy Eating Every Day* is a unique, self-paced plan that teaches you how to improve your eating habits in ways that fit your lifestyle.

**August 6<sup>th</sup> – October 29<sup>th</sup>  
1301 Cattlemen Road, Bldg D  
12-1:00pm**

**Meets every Wednesday for 14 weeks  
Register on TRAC 1FIT3048**

Contact Natalie rotella at 650-5294 or  
[nrotella@scgov.net](mailto:nrotella@scgov.net) for more information.

### New Zumba Class!



Zumba is a fusion of Latin and International music - dance themes that create a dynamic, exiting, effective workout. Routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba combines high energy and motivating music with unique moves. It is based on the principle that a workout should be FUN AND EASY TO DO. Zumba is a "FEEL-HAPPY" workout that is great for both the body and the mind.

**Mondays, July 28<sup>th</sup> – October 6<sup>th</sup>  
5:30-6:30pm**

**Terrace Bldg, Mezzanine Training Room  
Register on TRAC 1FIT3087**