

WellWorks Spring 2008 Events

Call WellWorks at 593-2093 to register for events.

Program: **Blood Pressure Screening**
Date/Time: First Thursday of every month, 12:15–12:45 p.m.
Location: Baker Center, 1st floor lobby
Description: What's your number? Stop by for one of the most important numbers for better health- your blood pressure. It may be the most important 5 minutes of your workday.
Registration/Cost: No registration required. Cost: Free

Program: **Faculty and Fraternal Order of Police (F.O.P.) Health Risk Appraisal**
Description: Spring quarter, all benefit-eligible faculty and F.O.P. are invited to participate in the Healthy OHIO wellness initiative. The initiative involves a 3-step process: a health screening, an online health appraisal, and an information session. Those who successfully complete all three steps will receive \$50 (before taxes.)
Registration/Cost: Watch your mailbox for more information. Cost: Free

APRIL

Program: **Walking Buddy Program**
Description: Warmer weather is approaching. Are you planning to walk outside for exercise? Stay motivated by connecting with a walking buddy! Whether you are a new or experienced walker, prefer to walk before work or at lunchtime, we will match you with another walker who has a similar walking plan. And when you register you will receive a free pedometer to track your steps!
Registration/Cost: Registration forms due by April 18. Registration forms available at WellWorks or at www.ohiou.edu/wellworks. Cost: Free

Program: **Lamaze®: Pregnancy, birth, and beyond**
Dates/Time: 6-week program. Every Tuesday, April 8–May 13, 6:00–8:30 p.m.
Location: Grover Center W125
Description: In this course, women in their second or third trimester and their birth partners will learn about labor and birth, the six care practices for birth, natural and medical pain relief options, managing interventions, maintaining comfort and progress, and new baby/mom care. Class time is spent on discussions, activities, mini-lectures, DVD viewings, and practicing massage and relaxation techniques.
Registration/Cost: Registration begins March 31. Open to the community. Space is limited. Cost: \$95-payable at first class.