



WELLNESS Brief

MAY 2020 | Fifth Edition Newsletter

WHAT'S NEW(S)?

Welcome All:

May we be able to channel negativity to positivity!

The merry month of May celebrates spring in full swing, boasts a number of seasonal, foodie, and pop culture days! Starting with MAY DAY! These will look and feel differently this year as guidelines are slowly easing to a new way of life.

Our partners, EAP and Lockton, have provided us meaningful articles!



WINNER:

APRIL WINNER: AUSTIN FRAIN-I will reach out to you!

MAY WINNER: CHERI DAHLHEIM

Email for instructions to pick PRIZE out of PRIZE BASKET

elizabeth@pottawattamiecounty.org

THANK YOU for your continued participation!

NEW QUIZ

Win Prize from the PRIZE BASKET



Benefit Buzz



The last four months have tested our mental health and has brought an abundance of negative energy floating around us; we want our employees too safely and efficiently access the care they need when they need it most.

I know this is repetitive BUT it is IMPORTANT for you to know and remember that we have Employee Assistance Program [EAP] that is:

- ❖ FREE, CONFIDENTIAL to you and your family members
- ❖ FIVE [5] Sessions for each different concern/issues
Example: Death is 5 Free sessions; Anxiety is 5 Free sessions
- ❖ YOU will speak with a professional
- ❖ CALL (402) 398-5566 or (888) 847-4975



Partnered with Pottawattamie County to provide the Wellness Program

A program designed to assess your current level of health and wellness, as well as assist you to achieve your optimum health status.

Pottawattamie County will not have access to your personal health results.

As we are maintain guidelines....

During this time of social distancing and spending more time inside, it is important to remember our physical health. Now available on our wellness portal is a 30-minute webinar including both strength and cardio training with personal trainer Christine Mullen. Christine's workout will include intervals of cardio and strength to increase your heart rate and make you stronger with items right in your household. If you do not have access to dumbbells, bars or benches, no problem! Christine will use pantry cans, brooms, dish towels, etc. to get you sweating. Modifications will be shown so you can get the workout you desire. The link to the webinar can be found in the E-Learning Series.

Below is a link and newsletter to get more informational knowledge:

Please go to [COVID-19 Course](#) to enroll for FREE to learn about Mental Wellness Under Quarantine.

Employee Assistance Program

If you have a situation that is causing stress or seems to affect your personal health and happiness, consider contacting us.

[EAP Matter Newsletter](#)

**** New Weigh-Out Dates Due to COVID 19 ****

Employee WEIGHT LOSS CONTEST

**DEFEND YOUR
RESOLUTION**

Weigh-Outs

- Thursday, May 28th
 - 7-8am, 11:30-12:30, 4-5pm
- Friday, May 29th
 - 7-8am, 11:30-12:30, or appointment
- Monday, June 1st
 - appointment only

Located at the Annex Conference Room

**Wellness Committee Contacts:
Maria Sieck, Gary Scott, Cheri Dahlheim



NEWS

