Employees get 50% discount on select LL wellness classes

The KCC Wellness Committee is partnering with the College’s Lifelong Learning Department to offer a selection of wellness-related classes to employees at a 50 percent discount. Each employee may take up to two classes each semester at the discounted rate. Upcoming offerings include Gardening with Herbs; Self-Defense Basics; Discover Financial Peace: Get Out of Debt; Holistic Stress Management for a Peaceful Life; Yoga for Stress Relief; and Clear the Fog: Craniosacral Therapy and Living a Long and Happy Life. Visit www.kellogg.edu/wellness for details or contact Abbie Brennan at brennana@kellogg.edu or extension 4134 for more information or to register.

KCC a finalist for 2017 Governor’s Fitness/Healthy Workplace Award

KCC has been selected as one of three finalists in the Healthy Workplace Award category of the 2017 Governor’s Fitness Awards. Award nominees will be recognized on the House and Senate floors in Lansing on April 20. For details about the awards and other nominees, visit http://michiganfitness.org/gfa.
KCC wellness incentives to continue in 2017

The popular employee wellness incentive program launched last year will continue in 2017, with incentives unchanged from those offered in 2016. As part of the program, KCC employees can complete a prevention physical or biometric screening to receive $50 to $100. Last year’s program had 140 participants, equating to a $14,000 investment from KCC. Employees can participate for the first time or participate again to receive the incentive. Click here to download the required wellness incentive form, or contact HR for more details.

Bruin Bookstore collects used shoes for recycling

The Bruin Bookstore is collecting gently used athletic shoes for donation and worn out athletic shoes to recycle as part of a Sneaker Collection campaign during the month of April. Donations can be dropped off anytime 8 a.m. to 5:30 p.m. Mondays through Thursdays and 8 a.m. to 4 p.m. Fridays. The Sneaker Collection initiative corresponds with the bookstore’s Annual Spring Sale, during which all KCC clothing and gift items are 20 percent off for the month. Pictured above, KCC employees pose with some of the 180 pairs of eyeglasses donated for recycling during a collection campaign in March.

Operation Fit seeking Superstar Guest Walkers

Looking for a great way to spend your lunch getting fit while encouraging kids to do so, as well? Operation Fit, a community partnership program working to decrease the rates of childhood obesity in the Battle Creek area, is looking for Superstar Guest Walkers to walk laps with students during recess. Opportunities are available at 20 area schools, with recess times varying from 11 a.m. to 1 p.m. Email contactus@operationfit.org for more information or to sign up to be a Superstar Guest Walker. Operation Fit representatives will work with you to match you with a school and dates that best fit your schedule.
KCC to clean Linear Park pathway on Earth Day

The KCC Wellness Committee in collaboration with other area company wellness committees will celebrate Earth Day this year by walking select areas of the Battle Creek Linear Park pathway to clean up winter debris. Partnering with the Battle Creek Family YMCA, the City of Battle Creek, and Calhoun County, all KCC employees are invited to participate. The event will begin at 9:30 a.m. Saturday, April 22, in the parking lot in front of the Miller Physical Education Building site. KCC will use a 15-passenger bus to transport participants to Bailey Park to walk the Linear Park pathway back to KCC and around Spring Lake, picking up garbage along the way. The city and KCC will provide necessary equipment, including gloves, garbage bags, sanitizer, poker sticks and garbage grabbers. The actual event will run from 10 a.m. to noon, when all of the participating companies will meet for food and refreshments. If you’d like to participate, please RSVP to Tom Shaw at shawt@kellogg.edu or extension 2548 or so Tom can get a count for food and refreshments. Family members welcome to join us!

Music School Zombie 5K is April 29 on campus

The Music Center of South Central Michigan’s Community Music School is hosting a 5K Zombie Run/Walk and one-mile family fun walk on KCC’s North Avenue campus in Battle Creek on Saturday, April 29, during KCC’s public Homecoming event. The 5K run/walk begins at 10 a.m. and the family fun walk begins at 11 a.m. For more information about the events or to sign up online, visit https://runsignup.com/Race/MI/BattleCreek/CommunityMusicSchool5KZombieRunWalk.

KCC to celebrate Walk at Work Day April 28

KCC employees will celebrate Walk at Work Day with a walk around Spring Lake running from 11:30 a.m. to 1 p.m. Friday, April 28. Smoothie samples will be available following the walk, and if at least 75 employees participate Holtyn will hold a drawing for a free Fitbit Charge HR activity wristband!
Wellness profile: 3 questions for Kate DeGraaf

By Nikki Elder
First published on the Battle Creek, MI Moms RUN This Town Facebook page

Meet Kate DeGraaf. She has a calm demeanor, a kind heart and loves people! Her fear of the mile in her teen years is likely reminiscent of many of us. If you haven’t run with Kate, make it a point to do so. Her joy is contagious.

1. Describe your journey as a runner/athlete.

Junior high was a tough phase of life because I dreaded the one-mile run once a week. Fast forward 10 years to grad school where I had a crazy moment and registered for a 10K. At that time I could not run half a mile without wanting to cry. After I completed my first 10K I moved to Battle Creek and was looking for a fun way to meet more people. So I joined the Kalamazoo Area Runners and never turned back. The running community in Battle Creek has inspired me to push myself farther than I thought possible and to have a blast while doing it. Last summer I completed my first half-marathon and am looking forward to many more races of different distances!

2. Where do you find strength/encouragement when you don’t feel like putting in the work?

I LOVE people so I surround myself with other great runners that are there to pull me off the couch when needed. Faith is also a big part of my life and on my runs I have been able to experience God in new ways so I always try to remember those sweet moments with the Lord.

3. Describe your favorite race/event experience and why?

One of my favorite races was the Battle Creek Half Marathon. It was a beautiful day and I was able to run with a group of ladies I had been training with for a couple months. It was an uplifting event to see all our family and friends cheering us on as most of us ran the longest distance we had ever covered! Such joy and pride at the finish line!

In the above photo, DeGraaf, left, runs a race with Michelle Willson.

Maintain/Be Better Holtyn gift card winners

Congratulations to the $50 Holtyn gift card winners of the latest Maintain, Don’t Gain/Be Better, Be Well initiatives! The winners, announced in February, were Barbie Burdick, Tom Rose, Scott Seppala and Sarah Stout.
Healthy vegan dishes and more from KCC and Holtyn

Below are some healthy recipe options from Academic Advisor Kerri Langdon and Holtyn. Langdon is a vegan and would be happy to talk to anyone about making the switch to a vegan diet or about implementing vegan recipes into your meal planning. Pictured below, in the top row from left to right, are photos from Langdon of a veggie stir-fry; white-bean-based eggplant “meatballs”; classic risotto; vegan-style lasagna; and BBQ carrot sandwiches with a side of Brussels sprouts and leek slaw. All recipes have been “veganized” and contain no animal products. The final photo shows a Chia Seed Breakfast Bowl featured in a recipe sent by Holtyn in March. Click here to view Holtyn’s Chia Seed Breakfast Bowl recipe.

Fresh produce available on campus Tuesdays

Sprout Urban Farms will continue selling fresh local produce from 11 a.m. to 1 p.m. each Tuesday this spring at the information desk in the Student Center. Sprout’s Fresh on Wheels service at KCC is available to the general public in addition to KCC students and employees, and cash, credit cards, SNAP Bridge Cards, Senior Project FRESH and WIC are all accepted forms of payment. For more information, contact Kate DeGraaf at degraafk@kellogg.edu or extension 2211.
Caught Ya!

"Caught Ya!" recognizes employee success in areas of health and wellness, whether the employees are caught working out, eating right or just having fun with their fellow coworkers. In the above photos from Holly McKee, the faces of Angie Bess, Lisa Rench, Gwyn James, Deb Paul and Patty Ralph are filled with excitement and anticipation before a cardio drumming class at the Battle Creek Family YMCA (the photo on the left is the before photo). These Bruins aren’t afraid of a little sweat, as evidenced by the after photo on the right. Pictured above to the far right are Dayton Buhs and Holly McKee, also at the YMCA.

Mindful Eating Lunch and Learn is April 27

KCC employees are invited to a Wellness Lunch and Learn event on stress and eating from noon to 1 p.m. Thursday, April 27, in room 109 of the Ohm Information Technology Center. Casey Coker, a mindfulness practitioner from HelpNet, will be speaking about mindful eating. A light lunch will be served. Individuals interested in attending should RSVP to Lisa Shanks at shanksl@kellogg.edu or extension 2622.

Wellness at KCC

KCC's Wellness Program is an initiative to provide and promote opportunities that encourage, educate and support KCC employees to become actively involved in making long-term lifestyle changes. The KCC Wellness Committee consists of employees Kassie Dunham, Kay Keck, Kerri Langdon, Mike Luna, Holly McKee, Sharon Powell, Kevin Rabineau, Vicki Rivera, Ali Robertson, Penny Rose, Tom Rose, Lisa Shanks, Tom Shaw, Simon Thalmann, Michelle Wilson and Brooke Woodstock. For more information, contact Holly McKee at mckeeh@kellogg.edu or Tom Shaw at shawt@kellogg.edu.
Calendar/Event Dates

The following is a partial list of upcoming wellness-related events related to KCC. For a more comprehensive list including dozens of campus and community wellness events and activities, add the KCC Wellness Calendar to your Shared Calendars in Outlook. This will allow you to add events to your own calendar and help you organize your personal wellness path in 2017. Contact Tom Shaw at shawt@kellogg.edu for more information.

**APRIL**

**Cross-Country Ski Trip** TBA; Contact: Tom Rose, roset@kellogg.edu

**Employee Yoga: Session 1 Begins**
Noon-1 p.m. Tuesday, Jan. 17; Contact: Abbie Brennan, brennana@kellogg.edu

**MAY**

**RED Events** through the month; Contact: Sharon Powell, powells@kellogg.edu, or Catharine James, jamesc@kellogg.edu

**Employee Yoga: Session 2 Begins**
Noon-1 p.m. Tuesday, Feb. 14; Contact: Abbie Brennan, brennana@kellogg.edu

**Holtyn Blood Pressure Session**
Noon-1 p.m. Wednesday, Feb. 15; Contact: Becky Argue, bpowers@holtynhpc.com

**JUNE**

**Lunch N Learn** TBA; Contact: Lisa Shanks, shanksl@kellogg.edu

**Elder Care Event**
TBA; Contact: Vicki Rivera, riverav@kellogg.edu

**Alzheimer’s Event**
TBA; Contact: Vicki Rivera, riverav@kellogg.edu

**Employee Yoga: Session 3 Begins**
Noon-1 p.m. Tuesday, March 14; Contact: Abbie Brennan, brennana@kellogg.edu

**Holtyn Aromatherapy Event** 8 a.m. Tuesday, Feb. 28; Contact: Becky Argue, bpowers@holtynhpc.com

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Need to promote a KCC wellness event? Fill out the Wellness Event Promotions Request form at www.kellogg.edu/wellness!