

January 2017



Free YMCA memberships through June 2018

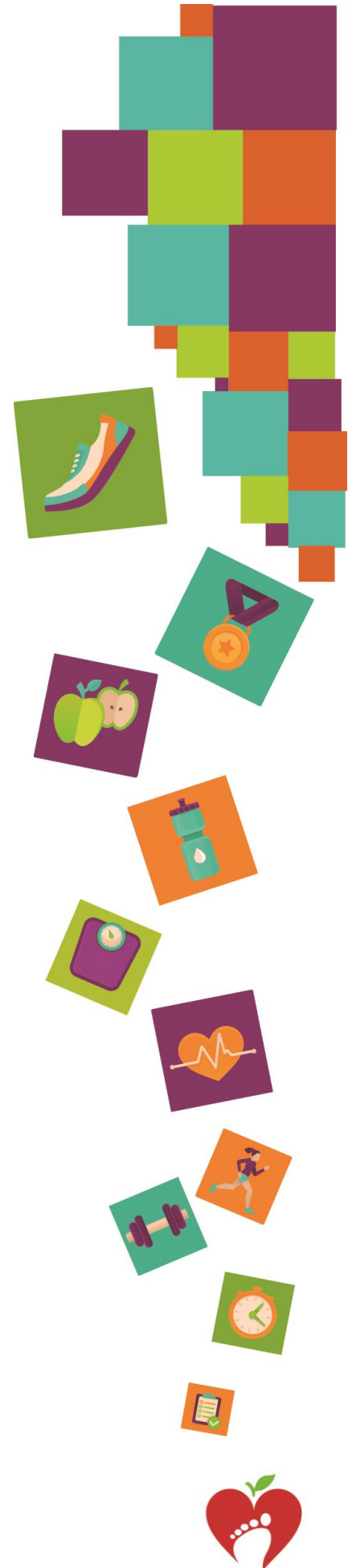
The Miller Building is officially closed and the Battle Creek YMCA is officially open for Kellogg Community College employees to pursue their wellness goals for 2017.

While a new athletics/PE/wellness facility undergoes construction here on campus, employees can take advantage of a free basic adult membership at the Y, good through June 2018. This includes full- and part-time KCC employees.

Signing up for a free YMCA membership is as simple as filling out the form online at www.kellogg.edu/wellness and bringing it to the YMCA, which is located at 182 Capital Ave. NE in Battle Creek.

YMCA Choose to Lose starts Jan. 12

Speaking of the YMCA, center Wellness Coordinator Bre Johnson recently reached out to KCC about an upcoming wellness program at the Y called Choose to Lose. The 10-week weight-loss challenge begins Jan. 12, and they're seeking participants. For details, visit www.ymcabattlecreek.org/documents/ChoosetoLoseFlyer_FD.pdf or contact Bre at 269-788-9110 or bjohnson@ymcabattlecreek.org.



Employee Yoga begins Jan. 17

Employees who want to work out without leaving campus this semester need look no further than the Lifelong Learning Department's Spring 2017 Employee Yoga schedule.

Employee Yoga runs from noon to 1 p.m. Tuesdays and Fridays in room 109 of the Ohm Information Technology Center. Sessions include:

- Session 1: Jan. 17-Feb. 10
- Session 2: Feb. 14-March 10
- Session 3: March 14-April 11 (no class the week of Spring Break)
- Session 4: April 18-May 9

You can sign up for individual sessions for \$35 each or sign up for all four sessions for the reduced rate of \$119.

For more information, contact Lifelong Learning Secretary Abbie Brennan at Ext. 4134 or brennana@kellogg.edu.

KCC basketball teams playing at Fieldhouse

With the Miller Building out of commission, KCC's men's and women's basketball teams will play their remaining home games of the season at the Battle Creek Central Fieldhouse, located at 162 Champion St. in Battle Creek.

The teams next play in Battle Creek on Wednesday, Jan. 18. For full team schedules, visit www.kellogg.edu/athletics.



Sprout to sell produce on campus Tuesdays

Sprout Urban Farms is bringing the Fresh on Wheels program back to campus this spring.

Beginning Jan. 17, the Battle Creek nonprofit will be selling fresh local produce from 11 a.m. to 1 p.m. each Tuesday at the information desk in the Student Center.

The 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. Customers using Bridge Cards can also take advantage of the Double Up Food Bucks program, which doubles the value of their purchase by matching what they spend on fruits and vegetables so they can buy additional healthy food items.

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





Caught Ya!

"Caught Ya!" recognizes employee success in areas of health and wellness, whether working out, eating right or just having fun with their fellow coworkers.

In the above photo from Holly McKee, employees from KCC's Student and Community Services Division pose during their annual Ugly Sweater competition last month. Nikki Jewell walked away with the coveted title and bragging rights for wearing the "Ugliest Sweater" this year.

Catch a KCC employee doing something healthy? Send a photo to Simon Thalmann at thalmanns@kellogg.edu and you may see it in a future edition of the newsletter!

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.

Wellness Newsletter content deadlines

This is the first edition of the new KCC Employee Wellness Newsletter format, which we'll be sending out four times a year on approximately Jan. 1, April 1, Sept. 1 and Nov. 1.

If you have content you'd like to appear in a future newsletter, please forward it to Simon Thalmann at thalmanns@kellogg.edu no later than two weeks before the relevant newsletter date above. For the April 1 newsletter, try to get content to Simon by March 20.



Pictured above: A concept drawing of one possible view of a building that could eventually replace the Miller Physical Education Building. The current structure will soon be demolished to make way for construction, which could take place through the summer of 2018.

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.

JANUARY

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

FEBRUARY

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

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

MARCH

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

