

HEALTHIER TOGETHER Campaign

WELLNESS PROGRAM SCHEDULE
July-December, 2017
(location key on next page)

JULY

REGISTER @ www.ventura.org/registervcwell

Wellness Profile Screening: ▶ Gov't Center (EHS), Wednesday, 7/12 ▶ Williams, Wednesday, 7/19

Yoga Stretch & Relax: Yoga can help increase flexibility, relieve stress, depression, anxiety, back pain, arthritis and more. Take a break to relax and revitalize, whatever your age, weight or condition. (Bring a towel or mat and wear loose comfortable clothing.)

Gov't Center (MPR)--Fridays (continuing through 12/15) 12-1pm or 1-2pm OUTLYING LOCATIONS 12-1PM: ▶ Cam DCSS--6 Wednesdays, 6/28-8/2 ▶ Williams--6 Fridays, 6/30-8/4 ▶ E.C. IEC/JCC--6 Thursdays, 7/6-8/10

Nutrition in the Fast Lane: Whether you are rushing between work and errands, or on the road to vacation, learn the secret to healthy eating on the run.

From quick breakfasts to convenient snacks, lunches and dinners – get ideas you can grab on the go or whip up at home in no time.

You'll come away with a plan to assure you and your family eat right. Tuesday, 7/18 @ Gov't Center (PCR) 12-1pm

Heart-to-Heart CPR: By learning Cardiopulmonary Resuscitation (CPR), you could save the life of a family member, coworker or loved one. This CPR class will cover basic life support of adults, infants and children. Participants will receive their Heartsaver card from the American Heart Association upon course completion. Wednesday, 7/19 @ Gov't Center (MPR) 1-4pm

Cooking Well With Diabetes: Attend this cooking demo and learn the secrets to hassle-free, delicious meals the whole family can enjoy. Let our Registered Dietitian help you achieve better blood sugar control without sacrificing all your favorite foods. Samples and recipes will be provided. Thursday, 7/27 @ Gov't Center (PCR) 12-1pm

AUGUST

REGISTER @ www.ventura.org/registervcwell

Wellness Profile Screening: ▶ Gov't Center (EHS), Wednesday, 8/2 ▶ Moorpark, Wednesday, 8/9

Yoga Stretch & Relax: OUTLYING LOCATIONS 12-1pm ▶ Cam Arprt--6 Wednesdays, 8/9-9/13 ▶ N. Oxn PH--6 Fridays, 8/11-9/15 ▶ HCA Knoll--6 Thursdays, 8/17-9/21

First Aid Training: Get prepared for life's unexpected emergencies in this basic first aid class. You'll learn what to do for bites, stings, bleeding, shock, burns, fractures, poisoning and more. (If you're taking this class to meet OSHA requirements, you must have a valid CPR card.) Wednesday 8/9 @ Gov't Center (MPR) 1:30-4:30pm

4 Weeks to Fitness--Beginners' Boot Camp: Leave your desk behind and join our exercise physiologist outdoors for a workout that can help you achieve the results you want. Don't worry if you're out of shape, this beginner's boot camp is just what you need to slim down and shape up. (Bring your water and don't forget to wear exercise shoes and comfortable, loose clothing.) 4 Tuesdays, 8/15-9/15 @ Gov't Center (Courtyard) 5:30-6:30pm

Intro to Pilates: Get an introduction to this popular exercise technique that can strengthen and tone your body. Focusing on your "core", you'll discover how to shape up and get fit with this fun and effective fitness option. (Bring a towel or mat and wear comfortable, loose clothing.) Wednesday, 8/16 @ Gov't Center (MPR) 12-1pm

Simple Summer Suppers: Discover cool, refreshing cuisine just right for when summer sizzles. From weeknight family meals to backyard dinners with friends, you'll learn how to keep it light, easy and delicious. Samples and recipes will be provided. Wednesday, 8/23 @ Gov't Center (PCR) 12-1pm

SEPTEMBER

REGISTER @ www.ventura.org/registervcwell

Wellness Profile Screening: ▶ Gov't Center (EHS), Wednesday, 9/6 ▶ Gov't Center (ACR), Wednesday, 9/27 ▶ Saticoy, Wednesday, 9/13

Yoga Stretch & Relax: OUTLYING LOCATIONS 12-1pm ▶ Cam DCSS--4 Wednesdays, 9/27-11/12 ▶ Williams--6 Fridays, 9/22-10/27 ▶ E.C. IEC/JCC--6 Thursdays, 9/28-11/02

EPIC WALKS AROUND THE GLOBE: 6-Wk Team Competition 09/01/17-10/12/17 This trek will take you all over the globe virtually visiting the most amazing, infamous and challenging hikes and trails. You'll learn what makes each location amazing and the reason millions of people visit each unique spot every year. So, pack your backpack and your trail mix because it's time to get walking! ▶ **Weekly Fitbit Charge 2 drawings!** ▶ **WINNING TEAMS also receive a special* "WINNERS" prize!**
Per IRS rules, the value of the Fitbit is considered taxable income and will be reported as such.

Zumba®! Recapture the joy of unbridled movement! Discover why Zumba® Fitness classes are often called exercise in disguise. Classes are fun, energetic and make you feel amazing!

Dance to great music and burn a ton of calories without even realizing it. Perfect for everybody and every body!

4 Wednesdays, 9/13-10/4 @ Gov't Center (Courtyard) 5:30-6:30pm

Growing Veggies: Learn from an expert everything you need to know to grow your own vegetables. From selecting the best container or spot for your garden, to tool selection, soil preparation and composting, this class is just what you need to go green and get lean! Wednesday, 9/13 @ Gov't Center (PCR) 12-1pm

Get Fit at Work: Discover easy and effective ways to get the exercise you need--right at work! Our fitness specialist will share the key to burning fat while you work and countering the effect of sitting all day. Wednesday, 9/20 @ Gov't Center (MPR) 12-1pm

College Financial Aid--Fact or Fiction? Mystery and rumor swirl around the College Financial Aid process. Join Cecilia Johnston, College Admissions Educator, as she dispels the myths and sheds light on this sometimes anxiety inducing topic.

Thursday, 9/21 @ Gov't Center (PCR) 12-1pm

CEO Human Resources Division, Wellness Program 800 S. Victoria Ave, Ventura, CA 93009-1370 www.ventura.org/vcwell



All who cross the finish line win an 11oz. custom coffee mug!



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WELLNESS PROGRAM CLASS SCHEDULE
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OCTOBER REGISTER @ www.ventura.org/registervcwell

Wellness Profile Screening: ▶ Gov't Center (EHS), Wednesday, 10/4 ▶ Cam DCSS Wednesday, 10/18

Yoga Stretch & Relax: Yoga can help increase flexibility, relieve stress, depression, anxiety, back pain, arthritis and more. Take a break to relax and revitalize, whatever your age, weight or condition. (Bring a towel or mat and wear loose comfortable clothing.)
Gov't Center (MPR)--Fridays (continuing through 12/15) 12-1pm or 1-2pm OUTLYING LOCATIONS 12-1PM: Continued from September

Quick Cooking for a Crowd: Whether preparing something for the office or hosting a gathering at home, our culinary expert will demonstrate how to make it quick and healthy! From potlucks to parties, discover how easy and delicious cooking well can be! Your guests will thank you! Samples and recipes will be provided. **Tuesday, 10/3 @ Gov't Center (PCR) 12-1pm**

Intro to Tai Chi: Don't miss this chance to try Tai Chi! You'll explore a series of movements performed in a slow, focused manner to induce "calm". Tai Chi is great for all ages and can increase balance, reduce stress and help manage a variety of health conditions. Come and enjoy! (Wear comfortable loose clothing.) **Wednesday, 10/11 @ Gov't Center (MPR) 12-1pm**

CELEBRATIONS AROUND THE WORLD: 6-Wk Dept. Competition 10/31/17-12/11/17 On this global journey you will travel to some of the most well known fiestas, festivals and parties from Brazil to China and have a great time along the way. Get active and engaged with lively pins that share the origins of these festivals while being transported--virtually--to the part of the world they are found in! **Log in to WELLtrek or create an account @<https://vcwelltrek.walkertracker.com/>**

Living Well with Diabetes: If you or a family member has high blood sugar, come learn from our experts the latest strategies for controlling blood sugar and reducing the risk of diabetic complications. In this series you'll get answers to your questions about nutrition, medication, exercise, self-monitoring and more. (Receive a free cookbook for attending the series.) **3 Tuesdays, 10/17, 10/24 & 10/31 @ Gov't Center (PCR) 12-1pm**



Weekly Fitbit Charge 2 drawings!
WINNING DEPARTMENTS will earn temporary custody of the all new "Golden Sneaker Trophy"!

Per IRS rules, the value of the Fitbit is considered taxable income and will be reported as such.

All who cross the finish line win a stylish 20 oz. aluminum sports bottle!



NOVEMBER

REGISTER @ www.ventura.org/registervcwell

Wellness Profile Screening: ▶ Gov't Center (EHS), Wednesday, 11/1 ▶ ECPS, Wednesday, 11/15 ▶ Vanguard, Wednesday, 11/29

Yoga Stretch & Relax: OUTLYING LOCATIONS 12-1PM: ▶ N. Oxn PH--5 Fridays, 11/3 - 12/15 ▶ HCA Knoll--5 Thursdays, 11/9 - 12/14 ▶ Cam Arprt--6 Wednesdays, 11/8 - 12/13

Mindful Eating--More Enjoyment & Less Struggle: Come explore this positive new approach shown to help with weight related concerns. Discover the potential of this exciting field and try some of the simple techniques to help people enjoy their food more and have less sense of struggle about controlling their eating. **Wednesday, 11/1 @ Gov't Center (PCR) 12-1pm**

Holiday Cooking (With Diabetes Focus): Whether you or a family member has diabetes, there's no reason to feel deprived this holiday season! Our Registered Dietitian will demonstrate delicious recipes and tips to make sure you fully enjoy the holidays. Lots of samples and recipes will be provided. **Wednesday, 11/8 @ Gov't Center (PCR) 12-1pm**

Yes, You CAN Eat Well at Work--Even During the Holidays: Everyone wants to eat better, but the workplace can be laden with opportunities to overindulge. Fight back with these surefire ways to make healthy eating easier than ever. Get ideas for better potluck fare, healthier office snacks ... **Thursday, 11/16 @ Gov't Center (ACR) 12-1pm**

DECEMBER

REGISTER @ www.ventura.org/registervcwell

Wellness Profile Screening: ▶ Gov't Center (EHS), Wednesday, 12/6

Yoga Stretch & Relax: Gov't Center (MPR)--Fridays (continuing through 12/15) 12-1pm or 1-2pm OUTLYING LOCATIONS 12-1PM: Continued from November

Healthy AND DELICIOUS Holiday Cooking: Want to enjoy the food filled season without the usual holiday weight gain? Our culinary expert will demonstrate holiday recipes that are both healthy and delicious. Samples and recipes will be provided. **Thursday, 12/7 @ Gov't Center (PCR) 12-1pm**



CEO Human Resources Division, Wellness Program
www.ventura.org/vcwell
805.654.2628 FAX: 805.658.4527
wellness.program@ventura.org

LOCATION KEY

GOVERNMENT CENTER, 800 S. VICTORIA AVE, VTA:

ACR	Atlantic Conf Rm, Admin Bldg, Main Plaza
Courtyard	Pergola area--outside between HOJ and HOA
EHS	Employee Health Services HOA, Lower Plaza
MPR	Multipurpose Rm, Admin Bldg, Rm #344, 3rd Flr
PCR	Pacific Conf Rm #1122 (back of cafeteria), HOJ

OUTLYING LOCATIONS:

Cam Arprt	165 Durley Ave, Camarillo Fire Admin Bldg. (Conf Rm A&B)
Cam DCSS	5171 Verdugo Way, Camarillo (Big Sur Conf Rm)
E. C. IEC/JCC	2900 N. Madera Road, Simi Valley (Oregon Rm)
ECPS	2101 E. Olsen Rd, T.O., (Community Room)
Knoll Dr Vta	2323 Knoll Dr, Ventura (4th Flr Conf Rm)
Moorpark	6767 Spring Road (Crew Room)
N Oxn PH	2240 E Gonzales Rd, Oxnard (Suite 200)
Saticoy	11251 - A Riverbank Dr, Ventura (PWA Conf Rm B)
Vanguard	1400 Vanguard, Oxnard (Sunrise Room)
Williams	1911 Williams Dr., Oxnard