

Scattering Seeds

of change...

For Regular County Employees & Their Spouses

WELLNESS PROGRAM SCHEDULE
JANUARY-APRIL, 2015

Your Wellness Program is "scattering seeds of change" to promote and support healthier living--and now doing so at even more County locations!

The goal? *A healthier workplace ~ A healthier you.*

The Wellness Profile, offered at over 15 different County locations this year, is the perfect way to begin achieving your goals and positively impacting your health and happiness. You'll learn about your blood pressure, cholesterol, triglycerides, glucose and much more. It's FREE, QUICK, EASY & CONFIDENTIAL!

- ▶ GOV'T CENTER-1/7, 2/4, 3/4 & 4/1
- ▶ Vta JCC-1/14
- ▶ Simi JCC-2/12
- ▶ N. Oxn PH-3/5
- ▶ VCMC-4/8 (LOCATION KEY--BACK COVER)

Register for a Wellness Profile @ <http://securevcweb/wellness>.

Featured programs being offered at various outlying locations:

- ▶ Yes, You Can Eat Well at Work
- ▶ Yoga
- ▶ Wellness Profile
- ▶ Health Track

Want the Wellness Program at your location? VISIT OUR WEBSITE:

<http://www.ventura.org/benefits/wellness-program> AND CLICK ON THE LINK, "HOW TO REQUEST A WELLNESS PROGRAM AT YOUR SITE".

For A Healthier Workplace

Diet & Nutrition

SUSTAINABLE HEALTHY LIVING

Yes, You Can Eat Well at Work!

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 healthier office snacks, potlucks & fundraisers and tasty pack-n-go lunches. Also, find out which choices are your best bets from the snack bar or vending machine.

Scattering Seeds of Change For A Healthier Workplace

NEW! CONVENIENT 30-MINUTE FORMAT

ACR	THURSDAY	1/15	12-12:30PM	~OR~	THURSDAY	1/15	12:30-:00PM
SANTA PAULA BH	WEDNESDAY	1/28	12-12:30PM	~OR~	WEDNESDAY	1/28	12:30-1:00PM
VCMC	WEDNESDAY	2/04	12-12:30PM	~OR~	WEDNESDAY	2/04	12:30-1:00PM
Vta CFS	WEDNESDAY	2/18	12-12:30PM	~OR~	WEDNESDAY	2/18	12:30-1:00PM
EAST COUNTY IEC	TUESDAY	3/03	12-12:30PM	~OR~	TUESDAY	3/03	12:30-1:00PM
KNOLL DR Vta	WEDNESDAY	3/11	12-12:30PM	~OR~	WEDNESDAY	3/11	12:30-:00PM

CSA Information Seminar

Don't miss the opportunity to purchase fresh, locally grown, seasonal produce and have it delivered to the Government Center every week. Come learn more about the County's Community-Supported Agriculture (CSA) program and enter a drawing to win a fresh box of produce from the farm. Need not be present to win!

NEW! CONVENIENT 30-MINUTE FORMAT

WEDNESDAY	2/18	12-12:30PM	ACR
WEDNESDAY	2/18	12:30-1PM	ACR

Pack N Go!

Want to eat healthier at work, but don't have a lot of time to bother? This cooking demo will show you how to prepare and pack healthy breakfasts, lunches and snacks in a flash. Your pack n go will taste so good your co-workers will want to share. Samples and recipes will be provided.

WEDNESDAY	3/4	12-1PM	PCR
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New! Healthy Weight Your Way!

Our Wellness team has combined their expertise with the latest scientific research to help you achieve the weight you want-- *the way you want!* Customizing the most effective plan for you, this refreshingly guilt-free approach will help you actually achieve your goal. To increase your success and keep it easy, THE CLASS WILL INCLUDE A 30-minute walk most weeks--bring your walking shoes! Attend this series as your schedule allows.

10 MONDAYS	1/12, 2/2, 2/9, 2/23-3/30	12-1PM	MPR
	1/26	12-1PM	ACR

Increase Your Veggie Intake--Eat Local

Learn what you can do with your weekly CSA Box or local Farmers' Market vegetables! Our culinary expert will demonstrate time-saving recipes and cooking shortcuts to help you prepare quick, easy and deliciously healthy meals. Samples and recipes will be provided.

THURSDAY	4/23	12-1PM	PCR
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Scattering Seeds of Change For A Healthier Workplace

30-Minute Walking Club

Whether you're a beginner or an advanced walker, join us for an energizing power walk. You'll also learn some good stretches to help prevent common injuries. Enter a drawing each week to win special prizes!

MONDAYS	1/26-2/9, 2/23-3/30	12:30-1PM	FOUNTAIN
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Fitness For Busy People

3 CORE COMPONENTS OF FITNESS: ENDURANCE, STRENGTH & FLEXIBILITY

Convenient Cardio

ENDURANCE: Let our exercise physiologist help you set up a cardio workout that will give you the results you want in the least amount of time. This is just what you need to jump start your weight loss, increase your energy, improve your heart health and more. (Wear your walking shoes and comfortable, loose clothing.)

TUESDAY 1/20 12-1PM ACR

Weight Training 101

STRENGTH: Strength training can do more than help you tone and look good. Simple weight bearing exercises can boost your metabolism, reduce bone loss & counter the effects of aging. Our exercise physiologist will teach you quick, effective exercises you can do at home or in a gym. (Wear comfortable, loose clothing.)

TUESDAY 1/27
12-1PM PCR

Stretch And Flex

FLEXIBILITY: Does your job involve lots of sitting, computer work or lifting? Come discover simple stretches that can increase your flexibility, reduce your stress and your chances for injury. Get expert advice to improve in this important, often neglected area of fitness.

TUESDAY 2/3 12-1PM PCR

4 Weeks To Fitness: Beginner's Boot Camp

Leave your desk behind and join our exercise physiologist outdoors for an after hours 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 MONDAYS 4/6-4/27 5:30-6:30PM FOUNTAIN

Balancing Work & Family

SPONSORED BY COUNTY EMPLOYEE ASSISTANCE, WELLNESS & WORK/LIFE PROGRAMS

Positive Parenting Series

DEBORAH GODFREY, CERTIFIED PARENT EDUCATOR

Gain powerful and practical skills effective for children of all ages. In this 4-week series, you will learn to discipline without yelling, reduce sibling rivalry, avoid power struggles, build self-esteem and much more. Those attending will receive the popular book, "Redirecting Children's Behavior."

4 THURSDAYS 2/5-2/26 12-1PM 241

Kids Eat Right

What do you do with a child who won't eat vegetables? Need some ideas for packing healthy lunches your kids will actually enjoy? Discover proven techniques to help your kids eat well! Whether dealing with an average kid, a picky toddler or an overweight teen, get practical suggestions that can help!

THURSDAY 1/29 12-1PM ACR

Elder Care Support Groups

If you are caring for elders, dealing with long term care or critical care issues, join us for support, resources & links to services. Drop in as your schedule allows--registration is not required.

WEDNESDAYS 1/28, 2/25, 3/25 & 4/29 12-1PM 331

Babies and You is a personalized program based on the March of Dimes program to educate prospective parents about lifestyle behaviors and other factors that can affect pregnancy and improve chances for a healthy birth. Meet one-on-one with a Babies and You educator and get answers to your prenatal questions about nutrition, exercise, and more. For more information contact us at wellness.program@ventura.org or 805.654-2628.

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 3/25 8:30-11:30AM MPR

Join A Gym! Check out the Health Club Discount List for Regular County Employees and their dependents @ <http://www.ventura.org/benefits/wellness-program>. Check with your physician before starting an aerobic exercise program.

Managing Chronic Conditions

Cholesterol Control

Come learn about the new cholesterol guidelines and what they mean for you. Lower your cholesterol and reduce your odds of heart disease! In this two-part class, you'll learn everything from cholesterol-lowering medicines to super cholesterol-fighting foods and the diet that can cut your cholesterol 30-40%.

2 THURSDAYS 3/5 & 3/12 12-1PM ACR

One-To-One: A Quit-Smoking Program

With no group classes, this personalized program is designed to fit into your busy schedule. With the guidance and support of a professional smoking cessation coach, you'll learn proven behavioral techniques to help you quit smoking and remain smoke-free. For more information contact us at wellness.program@ventura.org or 805.654-2628.

Living Well With Diabetes Series

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.)

4 TUESDAYS 4/7, 14 & 21 12-1PM ACR
4/28 12-1PM PCR

Yoga/Stretch And Relax

Yoga can do more than help you increase flexibility; it can help relieve stress, depression, anxiety, back pain, arthritis and more. Take a break to relax and revitalize. Attend as often as your schedule allows. (Bring a towel or mat and wear comfortable, loose clothing.)

CAM ARPRT, KNOLL DR VTA WEDNESDAYS 1/7-4/29 12-1PM
SIMI VALLEY BH THURSDAYS 1/8-4/30 12-1PM
MPR, N OXN PH, WILLIAMS FRIDAYS 1/9-4/24 12-1PM
MPR FRIDAYS 1/9-4/24 1-2

REGULAR COUNTY EMPLOYEES: Register yourself and/or your spouse for the Wellness Profile and/or classes @ <http://securevcweb/wellness>

Wellness Profile Dates & Locations (FROM INSIDE)

GOVERNMENT CENTER		OUTLYING LOCATIONS	
Wed. 1/07	EHS	Wed. 1/14	Vta JCC
Wed. 2/04	EHS	Thur. 2/12	Simi JCC
Wed. 3/04	EHS	Thur. 3/05	N Oxn PH
Wed. 4/01	EHS	Wed. 4/08	VCMC-Vta

ADDITIONAL DATES & LOCATIONS TO BE ANNOUNCED

Location Key

Government Center, 800 S. Victoria Ave, Vta

ACR Atlantic Conf Rm, Admin Bldg, Main Plaza
EHS Employee Health Services, Admin Bldg, Lower Plaza
FOUNTAIN Fountain area--outside between HOJ and HOA
MPR Multipurpose Rm, Admin Bldg, Rm #344, 3rd Floor
PCR Pacific Conf Rm #1122 (off cafeteria), Hall of Justice
241 Admin Bldg, Main Plaza, next to Assessor's office
331 Admin Bldg, 3rd Flr, Conf Rm at the top of the escalator

Outlying Locations

CAM ARPRT Fire Admin Bldg. 165 Durlay Ave, Camarillo
EASTCOUNTYIEC 2003 Royal Ave, Simi Valley
KNOLL DR VTA 2323 Knoll Dr, Ventura
N OXN PH 2240 E Gonzales Rd, Oxnard
SIMI VALLEY BH 1227 E Los Angeles Ave, Simi Valley, Sierra Vista Clinic
SIMI JCC Simi Valley Rm, 980 Enchanted Way, Simi Valley
SANTA PAULA BH 725 E. Main St., Group Room 314, Santa Paula
VCMC-VTA 3291 Loma Vista Rd, Ventura
VTA CFS 4651 Telephone Rd, Ventura (Suite 300) TDM Rm 203
VTA JCC 4651 Telephone Rd, Ventura (Ventura Room, 2nd Floor)
WILLIAMS 1911 Williams Dr., Oxnard (Training Room)



Promoting Good Health & Helping Manage Health Care Costs

County Executive Office-Human Resources Division
800 S. Victoria Ave. Ventura, CA 93009-1370
Phone: 654-2628 Fax: 805.658.4527

wellness.program@ventura.org
<http://www.ventura.org/benefits/wellness-program>