

What's Under Your Hood?

Is What's Under Your Hood Putting Your Health At Risk?

Find out with the Wellness Profile.

It's Quick, Easy & Confidential--and now it is better than ever!

**NEW!
Includes Body Fat Testing**



► Is Your Body Fat High?

High body fat can lead to high blood pressure & diabetes. Good nutrition & exercise can positively effect Body Fat.

Eat Right For Your Type

Discover a surefire plan to take weight off fast. Examine today's most popular weight loss options, including the Paleo Diet. Learn weight loss secrets of the most successful "losers" and find out which approach will work best for you.

MONDAY 1/13 12-1PM ACR

Enrich Your Fuel, Join A CSA

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 for fresh boxes of produce from the farms. Need not be present to win!

THURSDAY 2/20 12-1PM LPAR

Increase Your Veggie Intake

Discover how easy incorporating more vegetables into your meals can be as we demonstrate delicious and satisfying recipes sure to become the norm in your home. Boost your antioxidants and disease fighting ability and improve your health as you enjoy more veggies! Samples and recipes will be provided.

TUESDAY 4/1 12-1PM PCR

Healthy Meals In Minutes

Our culinary expert will demonstrate time-saving recipes and cooking shortcuts to help you cut calories while preparing quick, easy and deliciously healthy meals. Samples and recipes will be provided.

WEDNESDAY 4/23 12-1PM PCR



Wellness Program Schedule
January - April, 2014

**Tune-Up Manual
For Good Health**

STEP 1: Check Your Levels!

Register TODAY for the WELLNESS PROFILE, and find out your body fat, blood pressure, cholesterol, triglyceride & glucose levels. Whether you want to increase your performance, continue to run smoothly for longer distances or fit in a compact space, this is the perfect place to start.

Upcoming Dates & Locations: Gov't Center --1/8, 1/23, 2/5, 3/5 & 4/2 Outlying Locations--Ventura JCC, 1/9; Simi JCC, 2/6; N. Oxn Public Health, 3/11; VCMC, 4/9

(LOCATION KEY ON PAGE 2)

Sign up for a Wellness Profile ONLINE: <http://securevcweb/wellness>

STEP 2: Stay "Tuned" or Get "Tuned Up" With FREE Wellness Program Tools.

Jump Start Your Workout!

Discover a surefire approach to shape up and get fit. Let our exercise physiologist show you which exercises are most likely to give you the results you want in the least amount of time. Don't worry if you're out of shape and don't like to exercise, this can be just what you need to get going with fitness. Boost your energy, maximize your metabolism and feel great! (Bring a towel or mat and wear comfortable, loose clothing.)

WEDNESDAY 1/15 12-1PM ACR

Couch to 5K

Never ran before? No Problem! This seminar will provide you a slow and steady approach to build your mental and physical strength. In just 9 weeks you'll enjoy the sense of accomplishment when you are ready to participate in the Corporate Games 5K walk/run. Let the training begin!

WEDNESDAY 2/5
12-1PM ACR

Fun Walk

Whether you're a beginner or an advanced walker, come take the one-mile walk test for a fun way to assess your fitness level. You'll also learn some good stretches and find out how using a pedometer can help you stay fit. A drawing for a free pedometer will be held at the end of the walk. You need not be present to win.

TUESDAY 3/11 12-1PM FOUNTAIN

Four Weeks To Fitness: A 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 4/7-4/28 5:30-6:30 PM FOUNTAIN

JOIN A GYM!

Stay in top performance by joining a gym. Check out the Health Club Discount List for Regular County Employees and their dependents

@ <http://ceo.countyofventura.org/benefits/wellness>.

Check with your physician before starting an aerobic exercise program.



QUILT-FREE WEIGHT LOSS

This effective weight loss program offers a simple, realistic approach to permanent weight loss that can leave you thinner and healthier! Attend as often as your schedule allows.

WEEK 1: Myth Busters

WEEK 2: "Eat this Not That"--Come to class and get the book

WEEK 3: Will Power vs Skill Power--Removing Guilt

WEEK 4: Be a Fat and Sugar Detective--Come to class and get the book

WEEK 5: Lose Weight by Reading Labels

WEEK 6: Easy Template for Balanced Diet

WEEK 7: Just Getting Off Your "BUTs" (Excuses)

WEEK 8: Join the Fun Walk

WEEK 9: How to Recognize and STOP Emotional Eating

WEEK 10: "Failure"--If you've ever given yourself this label, this class is for you.

10 TUESDAYS 1/21- 3/25 12-1PM 331

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

Wellness Profile Dates & Locations
(FROM PAGE ONE)

GOVERNMENT CENTER		OUTLYING LOCATIONS	
Wed. 1/08	EHS	Thur. 1/09	Vta JCC
Thur. 1/23	ACR	Thur. 2/06	Simi JCC
Wed. 2/05	EHS	Tues. 3/11	N Oxn PH
Wed. 3/05	EHS	Wed. 4/09	VCMC-Vta
Wed. 4/02	EHS	Thurs	

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 Durley Ave, Camarillo
KNOLL DR VTA	2323 Knoll Dr, Ventura
N OXN PH	2240 E Gonzales Rd, Oxnard
SIMI JCC	Simi Valley Rm, 980 Enchanted Way, Simi Valley
VCMC-VTA	3291 Loma Vista Rd, Ventura
VTA JCC	4651 Telephone Rd, Ventura (Amber Room, 2nd Floor)



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://ceo.countyofventura.org/benefits/wellness>

"The Wellness Program has served as a valuable tool that helped me gain a "snapshot" of my overall health status...I have been mindful of making better decisions with my diet, and with my behavior, that have resulted in positive changes in my health and well-being. I especially appreciate that this benefit is provided by Ventura County to its employees." ~Wellness Program participant

► Is Your Total Cholesterol >199 mg/dl?
► Is Your LDL (bad cholesterol), >129 mg/dl?

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 WEDNESDAYS 2/19 & 2/26 12-1PM 331

► Is Your Blood Glucose >99 mg/dl?
Glucose over 99 is pre-diabetes.

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.)

4 TUESDAYS 4/8, 15, 22 & 29 12-1PM 331

*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. Call 805.654.2628 or email wellness.program@ventura.org for more information.

► Is Your Stress Score High?
Learning how to cope with stress can help prevent many stress-related illnesses...

Chillax

Chill out and relax as you discover simple techniques for letting go of stress and tension! You'll leave this class rejuvenated and ready to regain your cool even as tensions arise. This revitalizing approach has been proven effective for heart conditions, high blood pressure, chronic pain, insomnia, and more. Don't miss this chance to improve your health and well-being

WEDNESDAY 4/9 12-1PM ACR

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.)

WEDNESDAYS	1/8-4/30 CAM ARPRT & KNOLL DR VTA	12-1PM
FRIDAYS	1/10-4/25 MPR & N OXN PH	12-1PM
FRIDAYS	1/10-4/25 MPR	1-2PM



WANT THE WELLNESS PROGRAM AT YOUR LOCATION?

YOU CAN REQUEST WELLNESS PROGRAMS AT YOUR LOCATION.

VISIT OUR WEBSITE:

<http://ceo.countyofventura.org/benefits/wellness>

CLICK ON THE LINK, "HOW TO REQUEST A WELLNESS PROGRAM AT YOUR SITE".



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 3/26 8:30-11:30AM MPR



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 2/6-2/27 12-1PM ACR

Chore Wars No More

DEBORAH GODFREY, CERTIFIED PARENT EDUCATOR

Ever feel like you're not getting support with household chores or other areas of family life? Learn successful strategies for building teamwork to reduce conflict and create more harmony in your home.

WEDNESDAY 1/30 12-1PM 241

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 1/29, 2/26, 3/26 & 4/30 12-1PM 331

► *Are you Pregnant?*

These semi-private sessions are based on the March of Dimes program to educate prospective parents about lifestyle behaviors and other factors that can affect pregnancy and improve their chances for a healthy birth

BABIES AND YOU

Coping w/ Common Discomforts of Pregnancy

MONDAY 2/10 12-1PM 331

Pregnancy Over 35

MONDAY 2/24 12-1PM 331

Breast Feeding Your Baby

MONDAY 3/3 12-1PM 331