

Wellness Center "Insider"

February 2012

February is National HEART MONTH

Feb 9
12 Noon Taste Testing:
"Low Sodium Alternatives"

NATIONAL WEAR RED DAY

Feb 15
8-10:30 a.m.
Cardiac Risk Screening
Member Lounge

FEBRUARY 3

Choose to be a leader. Inspire friends, family and coworkers to wear **red** and speak up about Heart Disease.....our No. 1 killer....on National

Feb 15
10:30 a.m.
"Are You Heart Healthy?"
presented by Heart Inst.
Member Lounge

Wear **Red** Day!

Did you know that February is American Heart Month, and not because of Valentine's Day? Every year since its congressional approval in 1963, the President has issued a proclamation to this effect, to help raise public awareness of heart disease. Even though most people associate heart disease with men, it's also the leading cause of death among women.

Feb 22
Noon - Lunch & Learn
"Hiking for your Heart & Head" presented by
Andrew & Julie Battaile

Here are some things you can do to help your heart.

Feb 29
10:30 a.m.
"Does Your Food Affect
Your Blood Pressure?"
Alice Anne Lee

- *Limit your intake of fat
- *Choose heart-healthy fats over saturated fats
- *Limit your intake of sugars
- *Limit your intake of sodium/salt
- *Choose more whole grains, legumes, fresh produce and low fat dairy
- *Choose lean meat and poultry
- *Include fish in your diet
- *Exercise portion control
- *Become physically active for 30 to 60 minutes per day
- *Stop smoking



Celebrate AMERICAN HEART MONTH

FESTIVAL OF HOPE March 2

Project Hope is a local fundraiser to help individuals that have heart disease, diabetes, or cancer. All of the money raised stays in North Mississippi to help our own! This year's festivities will be held at the

**Tupelo Furniture Market on Friday, March 2,
2012.**

Events begin at 6:00 p.m.

Everyone is invited to join in the festivities.

FOOD * FUN * GAMES * MUSIC * ENTERTAINMENT

Call 377-3867 for more information.

SPECIAL for VALENTINE'S DAY

Celebrate **February 14th** with that special someone by giving her/him a gift or service from our Therapeutic Day Spa.

We will be offering **10% OFF GIFT CERTIFICATES** thru February 14 and we have a variety of items for men and women: Neck Wraps, Polar Lotion, Biofreeze, Nail Polish and other items that your sweetie will love.

(Excluding packages)

Wellness Center

The Wellness Center has t-shirts for sale with proceeds going to Project Hope. Shirts are \$10.00 each and may be purchased at the Front Desk.

TAXES

AARP will be doing taxes every Tuesday beginning FEB. 7 from 1:00 - 4:00 p.m. in the classroom.

WHAT DOES WELLNESS MEAN TO YOU?

Article 2

Social Wellness

"No man is an island unto himself," which explains why people feel the need to communicate, interact and form strong relationships with other people. The lack of social wellness often leads to anti-social behavior and causes inability to adjust in social surroundings.

Social wellness is an important element in every person's life, primarily because it helps one recognize the natural interdependence with others, regardless of the relationship. It helps one focus on other people's needs and make a contribution for the greater good of the community.

There are certain standards with which our social wellness is known and measured:

- *positive relationships and interaction with other people
- *ability to empathize and care
- *ability to build and nurture relationships
- *ability to function in social situations
- *willingness to accept other people's attention and care

There are several factors that determine the state of your social wellness. These are:

- *the intention you have to give time for socialization with family, friends and acquaintances
- *the quality of your relationships
- *the enjoyment you feel when you spend time with other people

If any of these factors are missing in your life, it's probably time to consider carefully what you have been doing in order to address this concern and make the proper steps to improve this area of your life.

- *Become involved in outside activities
- *Build and stay in healthy relationships
- *Let go of relationships that cause unnecessary strain on your emotional state
- *Plan time with family and friends

There is medical evidence that suggests that friendships help the body's auto-immune system resist illness. Some research has shown that people who interact daily with friends have a tendency to eat better, sleep better, and in general take better care of their health. Even close relationships with family members cannot take the place of friends. Friends provide the emotional support we all need from other humans.

Social wellness is only one part of the dimensions of wellness that we need to give us quality of life.

-Konstantin Kross, realrelaxation.net
- Julie Chobdee, MPH, Univ. of Calif.

Towel Service

NOTE: Towel Service is a part of our expense of doing business. We spend about \$75,000/year on this service. Each towel costs about \$.25 to clean and \$3 to replace. We use about 700 towels/day and replace about 300/month that wear out or walk out the door. Please help us keep your membership costs down by not taking more towels off the shelf than you are going to use. Thank you so much.