



# Preventive Health and Stress Awareness Month

## What's the Buzz

ECC Wellness Committee • April/May 2016



### Be Active

**Challenges that get you moving and thinking**

**May: Be Well Bingo**

Bingo cards available at the Wellness Kickoff!

**June Challenge:**

**Rethink Your Drink**



### Be Healthy:

**Nutrition talks to help you stay on track**

1st Wednesday of the Month  
Wednesday May 4 • 2:45 p.m.  
DSSC 203

**Topic: Mindful Eating**

Do you want to know more about nutrition? Attend our presentation about mindful eating.

- **Speaker:** Diane Andrea -  
Wellness Consultant for  
J.W. Terrill



**For More Wellness Resources:**

<http://www.eastcentral.edu/hr/wellness/>



### Be Informed:

**Did you know...**

**Library Staff Recommends:**

Visit the library to see a new wellness display each month.

**Book:** *Worried Sick, How Stress Hurts Us and How to Bounce Back*  
<http://bit.ly/howstress>

**eBook:** *Heart attack proof:* a six-week cardiac makeover for a lifetime of optimal health <http://goo.gl/kU9GYO>

**Health Tips from Anthem about Stress & Preventive Health:**

**13 Tips to Manage Stress**  
<http://goo.gl/rzUo2Y>

**Preventive Services for Healthy Living**  
<http://goo.gl/cYwM8B>



### Be on the lookout:

Asthma & Allergy Awareness  
and Men's Health