

Get Your Health On!

Top 10 Reasons to Get Your Wellness Profile

10. Valuable Tests

9. Identify Your Health Risks

8. Personalized Advice

7. Meet with a Dietician

6. 14 Convenient Locations

5. Takes less than 30 minutes

4. It's FREE!

3. Confidential Results

2. Avoid Serious Health Problems

AND

the #1 Reason...

Feel and Live Better!

FOR ALL REGULAR COUNTY EMPLOYEES AND THEIR SPOUSES
Wellness Profile Locations, Dates and Times on next page.

MAY - AUGUST 2008

WELLNESS SCHEDULE



Wellness Profile

Whether you'd like to lose weight, get fit, manage stress, quit smoking or just feel great, the Wellness Profile is the perfect place to start.

You'll receive a valuable array of tests (including a blood panel that measures total cholesterol, HDL, LDL, triglycerides and glucose) and a personalized results booklet to help you achieve your health and fitness goals.

Choose your appointment time online
<http://ceo.countyofventura.org/benefits/wellness>

All appointments are in the morning and take approximately 30 minutes.

Wellness Profile Dates

All appointments are in the morning and take approximately 30 minutes.

GOVERNMENT CENTER		OUTLYING LOCATIONS	
5/22	ACR	5/1	Knoll Dr-Vta
6/4	EHS	6/10	Moorpark
7/2	EHS	7/8	Camarillo
8/6	EHS	7/15	Williams
9/3	EHS	8/7	Vineyard
9/25	ACR	9/4	Saticoy
10/1	EHS	10/2	ECPS
11/5	EHS	11/6	SP HSA
12/3	EHS	12/4	Vanguard

Diet & Nutrition

Nutrition in the Fast Lane

Whether you are racing between work and errands, or on the road to vacation, learn the secret to healthy eating on the go. Discover the best brand name convenience foods, quick tasty recipes, how to order better take-out meals and the healthiest fare at the drive thru. You'll come away with a plan to assure you and your family eat right.

Tuesday 8/5 12-1PM MPR

The Taste of Good Cooking

Whether you're looking to ease into a better diet, or are already cooking healthy, join our culinary expert for these deliciously healthy cooking demonstrations.

Great Grilling

Our culinary expert will introduce you to the art of healthy grilling with tips on tools, techniques and more. You'll get surefire recipes for delicious, healthy meals on the grill that make feeding family and friends a breeze. Samples and recipes will be provided.

Wednesday 6/18 12-1PM PCR

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.

Thursday 7/31 12-1PM PCR

Slim Down for Summer

Get a jump start on an effective, simple and realistic approach to permanent weight loss that can leave you thinner and healthier. This five-part series will introduce practical and effective strategies for losing weight and keeping it off. Participants who have followed this simple approach have lost an average of one pound a week.

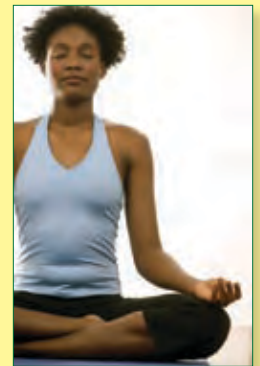
Tuesdays 5/6-6/3 12-1PM MPR

Fitness for the Busy Working Person

Yoga/Stretch and Relax

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

Friday 5/2-8/29 12-1PM MPR
 Friday 5/2-8/29 12-1PM Williams
 Wed 5/7-8/27 12-1PM Cam Arprt
 Wed 5/7-8/27 12-1PM OCJCC
 Wed 5/7-8/27 12-1PM Simi IEC



Pilates 101

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 exercise option. (Bring a towel or mat and wear comfortable, loose clothing.)

Wednesday 5/14 12-1PM MPR



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 6/24 12-1PM Fountain Area between HOJ & HOA

Shape Up Your Waistline

Men and women who carry their weight in their belly are at higher risk for diabetes and heart disease. No matter what your shape, find out what you can do to get a slimmer midsection. Learn exercises for a firmer and flatter stomach and improve your overall health. (Bring a towel or mat and wear comfortable, loose clothing.)

Wednesday 6/11 12-1PM MPR

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 for more information.

Register Online

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

Manage Chronic Conditions

Breathing Well with Asthma

Lewis J. Kanter, M.D, Allergy Care Center

Whether you or a family member suffers from asthma, this is one seminar you won't want to miss. Learn from an expert what you need to know to reduce the troublesome symptoms of asthma. Get answers to your questions and find out the very latest for successful asthma management.

Wednesday 5/21 12-1PM ACR

Stress Management

Identify your own stress triggers and ways to better cope with life's daily hassles. Find more time in your life with proven time management strategies, build resistance to stress and boost your humor quotient. In this two-part workshop you will practice easy and powerful techniques for letting go of daily worry and tension and learn practical ways to relax, be healthy and maintain your sanity.

Tuesdays 7/22 & 7/29 12-1PM MPR

What You Need to Know About High Blood Pressure

Discover what works for lowering high blood pressure. From the best natural approaches to the latest medicines, facts and answers to your questions. Even if you have "normal" blood pressure, learn how to keep your blood pressure from creeping up.

Thursday 5/15 12-1PM MPR

Quick & Easy Meals for People with Diabetes

Attend this cooking demo and learn the secrets to hassle-free, delicious meals for the whole family. Let our Registered Dietician help you achieve better blood sugar control without sacrificing all your favorite foods. Samples and recipes will be provided.

Thursday 7/10 12-1PM PCR



Positive Parenting

Gain strategies for minimizing the hassles and tantrums in your household. Feel calmer and enjoy parenting more as you learn skills to avoid power struggles and encourage cooperation. This class is a must for parents with children of all ages! Those attending will receive the popular book, "Redirecting Children's Behavior."

Thursdays 6/5, 12, 19 & 26 12-1PM PCR

Happily Ever After

Improve communication and gain insights that can reduce conflict while leading to greater closeness, understanding and a better relationship with your partner. The July and August workshops will each have a different focus. Take steps toward the relationship you always wanted by attending one or both sessions.

Tuesdays 7/15 & 8/19 12-1PM MPR

Balancing Work & Family

Sponsored by County Employee Assistance, Wellness Program & Work/Life Program

What Colleges are Really Looking For

Sonja Montiel, President, College Confidence, Inc.

Learn the inside scoop on how college applications get reviewed and what the most influential factors are in the process. Gain a better understanding of the importance of the student's activities, how to write a dynamic essay and the other critical factors whether a freshman applicant or a transfer student.

Thursday 9/11 12-1PM PCR

Elder Care Support Groups

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

Wed 5/28, 6/25, 7/30 & 8/27 12-1PM 241

Healthy Living

Anti-Aging Secrets

Each year Americans spend billions on products and procedures in search of the fountain of youth. Find out what really works to slow the aging process. Look and feel younger as you discover the surprising secrets to turn back the clock.

Wednesday 7/23 12-1PM MPR

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.)

Thursday 8/21 9am-12PM MPR

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.



Thursday 6/19 8am-12PM MPR

LOCATION KEY

Government Center, 800 S. Victoria Ave, Vta

241	Admin Bldg, Main Plaza, near Assessor's office
ACR	Atlantic Conf. Rm, Admin Bldg, Main Plaza
EHS	Employee Health Services, Admin Bldg, Lower Plaza
MPR	Multipurpose Rm, Admin Bldg, Rm #344, 3rd Floor
PCR	Pacific Conf. Rm #1122 (off cafeteria), Hall of Justice

Outlying Locations

Camarillo	Fire Training Ctr, Clsrm 5, 102 E Durley Ave, Camarillo
Cam Arprt	Fire Admin Bldg, 165 E Durley Ave, Camarillo
ECPS	East County Police Services, 2101 E Olsen Rd, T.O.
Knoll Dr-Vta	1st Floor Conf. Rm, 2323 Knoll Dr, Ventura
Moorpark	Flood Control, 7150 Walnut Canyon Rd, Moorpark
OJCC	Oxnard College Job & Career Ctr, 4000 S. Rose Ave, Oxn
Saticoy	Maintenance Yard, 11251 - A, Riverbank Dr, Ventura
Simi IEC	2003 Royal Ave, Simi Valley
SP HSA	725 E Main St, Santa Paula
Vanguard	HSA, 1400 Vanguard, Oxnard
Vineyard	Juvenile Justice Center, 4353 E Vineyard, Oxnard
Williams	1911 Williams Drive, Oxnard