

January Wellness Newsletter

It's a New Year!

The New Year offers us a fresh start, a clean slate to begin again and make a commitment to transformation. The mistakes or struggles of last year are gone and it's a great time to start making a change or two towards a healthier more active lifestyle. The hospital offers several programs, services, and resources to help you accomplish this. Maybe you just need a small reminder throughout the day to get up and get active, or maybe you need someone there to keep you accountable with exercise and food choices. No matter where you are on the spectrum DRH has an option to help you reach your goals.

FITBITS

FitBit can track every part of your day- including activity, food, weight, and sleep- to help you find your fit, stay motivated, and see how small steps make a big impact. Fitbits come in many sizes with different capabilities and varying cost. They are available in HR and can be payroll deducted!

WELLNESS CENTER

The DRH Wellness Center offers all the amenities of a regular gym but without the crowd or contract. It has treadmills, free weights, and multiple machines. It is available 24 hours a day with badge access. The cost is \$15/month for team members and their families.

WEIGHT WATCHERS

Weight Watchers is a personalized weight loss program that offers meal and exercise guidance as well as support to achieve your goals. Many DRH team members are already involved with the program. Find the Weight Watchers link under "Featured Links" on the DRH portal page.

HEALTHY FOOD OPTIONS

The Atrium Café offers healthy options for every meal, from yogurt and granola in the morning to fresh made salads, wraps, fish, and plenty of veggies for lunch or dinner. The nutritional values of all items are also posted clearly to help you decide.

Stay Informed and Stay Well

January

The 1st- Simmons Center 5K and ½ Marathon Training Program

Tips on how to prepare for race day and how to cool down post-race, along with helpful nutrition tips. Never raced before? No problem. They will set up a running program for you and train with you! **Jan 1st- Mar 5th**

The 7th- Diabetes Support Group 6:30pm Learning Center Room A

This support group is for anyone with diabetes or a caregiver who wants to understand the special needs of diabetics. Topic- Teeth and Gums.

The 9th- Childbirth Preparation Class 9am Learning Center

This class is for new or expecting parents. Topics include stages of labor, breathing and relaxation, pain control, timing contractions, epidural preparation, post-partum care, newborn care, and car seat safety. Class is free but registration is required.

The 14th- Breast Feeding Preparation Class 6pm Learning Center

Breast feeding information and support for all new mothers. The class is free but registration is required.

The 28th- Alzheimer's Support Group 2pm Wilkins Nursing Home

This is a support group meeting for the public as well as the families of those in Wilkins Memory Wing. They meet every other month.

The 29th- Chronic Disease Self-Management Class Kick-off 11:30am Comanche Senior Center

This is a 6 week program that meets once a week for 2 hours. It is for anyone with a chronic disease that would like to better manage their condition. Topics include problem solving, pain and fatigue, communication skill, making informed decisions, and healthy eating.

**** Don't forget! Last day for Wellness Program sign-up is January 12th from 6am to 9am in conference room 1****