

*Taking Healthy
Steps Together!*



Wellness Program **OCTOBER 2019**

FREMONT COUNTY WELLNESS WEBSITE:
WWW.FREMONTCOUNTYWELLNESS.COM

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The Scavenger Hunt for Charity Returns September 23 thru November 1!



Penny has created walking paths in both Riverton and Lander listing landmarks for you to find along the way. This is a fun activity you can do with your friends and family (especially kids)! To participate, please donate \$2.00 (suggested) to the Fremont County fund to help our neighbors in need.

Scavenger Hunt Maps are available on the Wellness Website, *News & Activities* tab, by email, or outside Penny's Lander office.

Welcome Wyoming Health Fairs

Wyoming Health Fairs is our new health fair partner! Our Spring Employee Health Fair will be offered in April with very few changes. If you would like to complete your blood draw in the fall, or anytime outside of our spring fair, you are able to attend a Wyoming Health Fairs blood draw offered at any Wyoming location, on any day. Wyoming Health Fairs offers a monthly blood draw in Lander, Riverton, and Dubois at varying locations.

Check out : <https://wyominghealthfairs.com/> for more information!



Other things you should know:

- Since county insurance now covers the Cologuard test (see plan document for details), there will not be a colon screening test included at our health fair.
- The Thyroid Panel 1 test is now a part of the health fair tests covered annually.
- Tests covered annually by Fremont County: Chem. Panel (formerly the Basic Health Screen), CBC, Hemoglobin A1c, PSA, Cardio CRP, Vitamin D, and Thyroid Panel 1.
- Wyo. Health Fairs offers a variety of other tests outside of our bundle you may be interested in. You are welcome to get these tests completed and pay for them at the blood draw.

Blood Pressure Challenge

Log your blood pressure at least 15 times between and October 7- November 22 for a chance to win one of three prize drawings. There will be a Department Challenge as well! To participate, attend a 20 min Blood Pressure Basics Talk (or watch the new and improved video online). Then, log your blood pressure at least 15 times during the challenge by taking it at home, with Penny, your doctor, or pharmacy. Some departments have been loaned cuffs (please contact Penny if your department is interested). Contact Penny to schedule your 20 min. Blood Pressure Basics Talk for your department!

Penny will be visiting with departments in
October to sign up participants and take blood pressures!



Ongoing Activities

Join us for 30 min Tai Chi Classes offered at the library weekly in Lander and Riverton! If you've never done Tai Chi before or feel like you have 2 left feet, this class is perfect for you! This Fall, Tai Chi classes will focus on the **Tai Chi for Arthritis and Falls Prevention Program** by Dr. Lam of the Tai Chi for Health Institute. This program is great for everyone, with or without arthritis, who would like to try Tai Chi.

- Lander: Mondays and Wednesdays at Noon
- Riverton: Tuesdays & Thursdays at Noon



POSTURE & BALANCE

Beginning October 21, Penny will begin offering a program on postural alignment and improving balance. Learn how balance and posture are connected and try a few easy, basic exercises you can do to straighten up!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <u>Lan 8:30-11</u> <u>Riv 11:30-4:30</u> Tai Chi Noon	2 Lander 8:30-4:30 Tai Chi Noon	3 <u>Lan 8:30-11</u> <u>Riv 11:30-4:30</u> Tai Chi Noon	4 Location TBA Pls Call 307-714-2380	5
6	7 Lander 8:30-4:30 Tai Chi Noon	8 <u>Lan 8:30-11</u> <u>Riv 11:30-4:30</u> Tai Chi Noon	9 Out of the Office	10 Out of the Office	11 Out of the Office	12
13	14 Out of the Office	15 Out of the Office	16 Lander 8:30-4:30 Tai Chi Noon	17 <u>Lan 8:30-11</u> <u>Riv 11:30-4:30</u> Tai Chi Noon	18 Location TBA Pls Call 307-714-2380	19
20	21 Lander 8:30-4:30 Tai Chi Noon	22 <u>Lan 8:30-11</u> <u>Riv 11:30-4:30</u> Tai Chi Noon	23 Lander 8:30-4:30 Tai Chi Noon	24 Out of the Office	25 Out of the Office	26
27	28 Out of the Office	29 <u>Lan 8:30-11</u> <u>Riv 11:30-4:30</u> Tai Chi Noon	30 Lander 8:30-4:30 Tai Chi Noon	31 <u>Lan 8:30-11</u> <u>Riv 11:30-4:30</u> Tai Chi Noon	1 Location TBA Pls Call 307-714-2380	2