

Employee Wellness-Macon

Live well...as you **Learn** how to master it through our monthly seminar program. Each month we will present a new topic specially selected to address particular areas of need. Different speakers with varying areas of expertise will be presenting. As classes are scheduled, notifications and reminders will be sent to all those signed up to receive Wellness-Macon news via email. We try very hard to offer these valuable opportunities mid-day so that faculty and staff may use their lunch period to attend. Brown bag lunches are not only permitted but also encouraged.

What You Don't Know Can Kill You: The importance of having an annual physical and what you should ask your doctor

Being Well-Finding BALANCE in your life

Controlling Cholesterol

Defeating Depression: Beating the Blues

Hypertension: The Silent Killer

Prevention & Management of Diabetes

Allergies and Asthma

Stress Management

The Inside Story-The truth about common digestive gastrointestinal disorders

Living Your Best Life

Nutritional Knowledge-The basics of a Healthy Diet