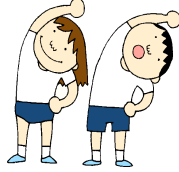


EMPLOYEE HEALTH NEWS

Employee Health and Fitness Committee

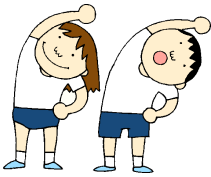
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Spring 2019 Newsletter



Community Health Fair-Save the Date!

The College of Health Science and Human Services will host the annual Community Health Fair on March 8 in Don Flatt Gym from 9:00a-1:00pm. MSU health students will preform screenings at the event. Stay tuned for more information to come.



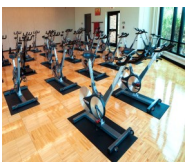
Worksite Wellness Program

The [Redwine Student Wellness Center](#) provides an opportunity for our full-time employees to participate in the Worksite Wellness program. Employees have the opportunity to workout three times a week for thirty (30) minutes. Employees also have the opportunity to earn eight (8) hours of additional leave. You simply need to complete the worksite wellness leave form and provide a doctor's note that you have received your physical examination within the last ninety (90) days.



Fresh Start Courses

The Wichita Falls Health District offers [Fresh-Start](#) courses for those trying to quit tobacco. Two sections of courses are offered FREE (February 19, 21, 26, & 28) and (April 16, 18, 23, & 25). Classes will be held at the Public Health District from 12-1pm and 5:30-6:30pm. Our MSU Students will help teach the April dates. [Register here](#)



Wellness Center Group Fitness/Personal Training

The Redwine Student Wellness Center offers a variety of [group fitness classes](#). MSU full-time faculty and staff receive a free membership to the facility, which includes our group fitness class. Our certified instructors are trained to help you achieve your goals. Come try a class!

We also offer [Personal Training](#), at an additional cost. We have certified Kinesiology students here to help you with an individualized plan.

We hope that everyone has a great semester!
Employee Health and Fitness Committee

Please contact Angie Reay, angie.reay@msutexas.edu for any questions.