

Dear Colleagues:

Please find, attached to this email, a copy of our Fall 2007 MC Takoma Park Wellness Connection Activities and Fitness Center hours.

In addition, I would like to direct you to the Wellness Connection website <http://www.montgomerycollege.edu/wellness/> for the following information:

- Instructions for signing up for Fall 2007 classes (See “Frequently Asked Questions”);
- EAP and Registration/Waiver forms (See “Forms and Documents”); and
- Instructions/forms for reimbursement for gym memberships (See “Gym Membership Program”).

You’ll notice that we’ve really expanded our Wellness Connection programming for the Fall semester. I hope that there’s something here to entice you to give Wellness a try.

Here's what's NEW for Fall 2007 on our campus:

Expanded access to Wellness programs! Part-time faculty with a full semester assignment may NOW participate in Wellness offerings! Please go to the web address above, and look for "Frequently Asked Questions" for full details.

New Hours at the Fitness Center! Beginning September 5th, in addition to MWF hours between noon and 3pm, the fitness center will be open to faculty and staff **two mornings a week, on Tuesdays and Thursdays between 7:30-9:30 am**. Cardio, free weights, circuit training, exercise and Bosu balls -- it’s all available at your campus fitness center! And, as an added bonus, Clovia Cox, our fitness trainer will be available during all open hours to help you with the equipment and your workout! Starting your day with a workout is the perfect way to set your intention toward a path of good health and self-care.

Free-Weight Training Program! Keep your eyes open for an email soon to arrive with details about this 12-week results oriented program. First, you’ll meet with the fitness trainer to set up your own individualized workout. Then, you’ll do your workout on your own schedule, with the fitness trainer available to help you fine-tune your workout. Various body measurements will be taken at the beginning of the program, and again at the end, so that you can see the positive differences that regular weight training can make!

Walktober is coming to Takoma Park! Nothing like a brisk walk to benefit both body and mind! October is an ideal time to start a walking program. Temperatures are moderate and the colors are spectacular. Vacations are over and the holidays have not yet arrived, making it easy to get into a regular walking routine that will carry you right through winter! Pedometers ready, set, go! Keep a look out for more information soon

about this campus wide walking program!

Lunch and Learn! Your Wellness Program will be bringing you more lunchtime opportunities to explore topics of interest and benefit to your overall health and well-being. September will find **Let's Dish** on campus – a very popular alternative to providing healthy, homemade meals during busy times. We'll also explore “**the balancing act**” — positive strategies for juggling the needs of family and work. October will be Healthy Back Month on our campus, and we'll hear about the **prevention and treatment of lower back pain**. And, a local chiropractor will be on campus to provide **individual postural screening**. Just in time for the holidays, we'll learn about **how to manage the stress of time and competing priorities**. A separate flyer announcing the offerings for fall will arrive in your inbox soon!

Wellness EAP Registration Procedure and New Fees! Please carefully review the “Frequently Asked Questions” for information about our new fee structure, registration procedures, including how to use EAP funds for both Wellness Connection activities, and gym reimbursement. (Again, you can find this information at <http://www.montgomerycollege.edu/wellness/> Contact me if you have any questions.

The Tried and True Remain for Fall 2007

Weight Watchers at Work! We'll be offering this popular program again beginning early in the Fall semester. Meet for 12 weeks, on campus during your lunchtime, with the support of the Weight Watchers program leader and your similarly motivated co-workers. And, it's eligible for EAP reimbursement! Contact Mercedes.Santos@montgomerycollege.edu if you're interested.

Water Exercise with Kraig! Looking for a good time? Check out this low impact exercise class. Begins September 11th and meets on Tues and Thurs from 1:10-2:00 throughout the semester.

Tai Chi with Louise! This popular class was added over the summer! Meets in FH111 on Tues from 11-noon and on Fri from 1-2. Louise recommends that you attend both days each week; but if you can't, come to at least one. You'll notice the difference!

Yoga for All Levels with Mercedes moves to a new day! This class will meet in FH111 on Thurs from 2-3. If you've done a little (or a lot) of yoga, this is the class for you!

Yoga for Beginning Students with Mercedes! Come and find out why the ancient practice of yoga has become so popular in our modern times. Give yoga a try at the end of your workday on Thursdays in FH111 from 3-4pm

Open Swim! For those of you who enjoy lap swimming, the campus pool is open Monday through Saturday. Hours vary so check the schedule of activities on line for the specific hours.