

Lake County Safety Council – Wellness Program

Program Features

The program includes:

- Pre Health screening
- Wellness Topic Presentations – Jan, Feb, March and April
- Post health screening -May 2015 Lake County Safety Expo.
- Participants will receive a wellness workbook and have access to a wellness website for one year
- Participants can sign up to purchase a Fit Bit One for \$78.00.
- A special webpage/smart phone app will be available for emailing questions to our doctors and wellness experts regarding nutrition, smoking cessation, cholesterol, fitness, weight loss or things like “should I use a fluoride toothpaste?”

Program Outline

- January 2015 - Health Screening (Ht, Wt, Blood Pressure, waist measurement, Lipid Profile, Blood Sugar and Uric Acid) with an online questionnaire. Participants should be fasting for 12 hours. **Participants will select ONLY ONE OF THE DATES FOR SCREENINGS** All participants will sign in and receive Safety Council attendance credits.
- **Jan 16, 2015** 7:00 am– 9:30 am LaMalfa Topic: **“Where the wellness meets the road”**
Nancy Rodway, MD, MS, MPH presenting at 8:00 am
- **Jan 23, 2015** 7:00 am – 9:30 am LaMalfa Topic: **“Where the wellness meets the road”**
Nancy Rodway, MD, MS, MPH presenting at 8:00 am

Program Sessions: attend all of the program sessions listed

- **Jan 30, 2015** 7:30 am – 8:30 am LaMalfa Topic: **RESULTS SESSION** – PARTICIPANTS RECEIVE ALL TEST RESULTS AND PACKET, Nancy Rodway , MD reviews recommendations and answers questions. Special gift for each participant provided by Lake Health.
- **Feb 20, 2015** 12 noon – 1 pm LaMalfa Topic: Nutrition and Fitness: “Calories in does not equal calories out” - Speakers: Andrew Stemar MD and Nancy Rodway, MD
- **March 20, 2015** 12noon – 1 pm LaMalfa Topic: “Stress, sleep and worker health” - Speakers: Nancy Rodway, MD and Chris Brill-Packard, MA, CHES
- **April 17, 2015** 12 noon-1 pm LaMalfa Topic: “Smoking: the bottom line cost” – Speakers: Nancy Rodway MD, MS, MPH and Reggie Case, RRT, Lake Health Cardiac & Pulmonary Rehab

Post Screening – for all participants

- **May 15, 2015** 7:00 am – 10:30 am Lake County Safety Expo – Lakeland Community College – Post Screening and lecture “Flipping the Wellness Switch”