Flagler College
Tallahassee
2013 Wellness Program

1st Quarter Focus: Stress & Tobacco
April - June
Onsite Event/Challenge: Stress Management: Boosting Your Health Potential & Reducing Stress
Education: Brainshark
Newsletters: Monthly Newsletter provided by The Bailey Group, American Heart Assoc. & FL Blue
Champions: Holly

2nd Quarterly Focus: Weight & Nutrition
July - September
Onsite Event/Challenge: Weight: Biggest Loser Challenge
Education: Brainshark
Newsletters: Monthly Newsletter provided by The Bailey Group, American Heart Assoc. & FL Blue
Champions: Tricia and Sheia

3rd Quarterly Focus: Diabetes & Heart Disease
October - December
Onsite Event/Challenge: Heart Disease & Diabetes: Local 5K
All Topics: Health Fair
Education: Brainshark
Newsletters: Monthly Newsletter provided by The Bailey Group, American Heart Association & FL Blue
Champions: Donna and Terry

4th Quarterly Focus: The Power of Positive Thinking
January - March
Onsite Event/Challenge: 21 Day positive / Negative Thinking Bracelets
Education: Brainshark
Newsletters: Monthly Newsletter provided by The Bailey Group, American Heart Assoc. & FL Blue
Champions: Christine and Jessica

Reasonable Alternatives—If it is unreasonably difficult for you to meet the requirements under this program (or if it is medically inadvisable for you to attempt to meet the requirements of this program), we will make a reasonable alternative standard available for you. Please contact Tricia Kristoff at 904.819.6311 and we will work with you (and, if you wish, with your physician) to find a wellness program with the same reward that is right for you in light of your health status.