



Wellness Newsletter

"Guess How Many Pom Poms" Facebook Challenge Winner

CONGRATULATIONS TO NOREEN WELTE

Noreen is the winner of the "Guess How Many Pom Poms" Facebook Challenge. There were a total of 170 pom poms in the jar and Noreen had the closest guess with 167. She won a \$25 gift card to the restaurant of her choice. Make sure to like our [Facebook](#) page to stay up to date with the latest news concerning Charger Fit.



Wellness Wednesday

AUGUST 4, 2021 @ 10:00 AM

WELLNESS WEDNESDAY! Did you know that "Added Sugar" is now its own line item on the Nutrition Facts Label? Join this webinar to learn what the term "added sugar" really means and how you can limit your consumption of added sugar. During this presentation, we will discuss the difference between naturally occurring and added sugars, the risks of consuming too much added sugar, what to look for on the Nutrition Facts Label, and recommendations to keep our added sugar low.

Click [here](#) to register. 30 points (max points earned: 150) will be rewarded for attending the webinar.

AUGUST 2021

UPCOMING EVENTS

Wellness Wednesday
AUGUST 4

Go Green Registration
AUGUST 23- 31

Fall Semester Classes
Begin
AUGUST 19

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Gilsbar's Go Green Challenge Registration

Gilsbar's Go Green Challenge is focused on going green! The goal is to build awareness of eco-friendly living and ultimately decrease our environmental footprint. There are lots of behaviors we can modify that benefit the environment, and throughout this challenge, you'll learn a number of ways you can positively impact the world we all share. The goal is to participate daily to earn points.

Registration is on August 23 - 31, 2021. The Go Green Challenge will begin on September 1st and continues through September 30th. **30 points** will be added to your wellness points for the completion of the challenge. Login to [mygilsbar](https://mygilsbar.com) to register.

August is National Eye Exam Month

When was your last eye exam? Did you know that over 70% of the country's workforce requires some form of vision correction? This means that there is a good chance most adults will need some sort of vision correction during their lifetime. August has been designated as National Eye Exam month to increase the awareness of eye health and the importance of regular eye exams. Many people avoid seeing an eye doctor because they haven't noticed any recent vision changes or feel the need for glasses or contacts. However, eye care has become so much more than how you see and healthy eye care looks different for every stage of life. Eye exams can be the key to detecting and diagnosing eye diseases such as glaucoma and diabetic retinopathy. Early detection can prevent permanent vision loss. Not only can eye diseases be detected by an eye exam, but other health issues such as high cholesterol and high blood pressure are often times first diagnosed by an eye doctor. If you haven't scheduled an eye appointment recently, do so today to ensure your eyes stay healthy.

Gilsbar's Quarterly Webinar

Each quarter, Gilsbar offers a different webinar related to wellness. Earn **10 points** by logging into your wellness center at www.myGilsbar.com, click the Quarterly Webinar tile and then watch the Quarter Three "Step Into Action: Get Moving" webinar and answer the questions. If you have not had the opportunity to view the webinars for Quarter 1: Life of a Health Coach and Quarter 2: Why Weight: Nutrition Tips for Families, you still have time to do so. You have until the wellness program ends on October 31st to earn points for the webinar.

Gilsbar Self Help Works New Program: Living Clear

Gilsbar just released a new Self Help Works program called Living Clear, a behavior change solution for substance use disorders (SUDs). Charger Fit participants can now access this new program via the Self Help Works tile in their mygilsbar wellness centers. Similar to other online coaching program, points will be automatically awarded upon completion.

Financial Wellness: TIAA August Webinars

TIAA offers access to live and on-demand webinars on various financial topics.

- August 17 - Money at Work 1
- August 18 - Market Proof Your Retirement
- August 19 - Financial Housekeeping for Now and Later

For the full list of webinars and to register, click [here](#).

