

WELLNESS WORKS  
BLATT PE CENTER  
1300 WHEAT STREET  
COLUMBIA, SC 29208

“Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving, tolerant with the weak, and forgiving with the wrong. Sometime in your life, you will have been all of these.”

-Lloyd Shearer



Not the pyramid we grew up with!

Visit [MyPyramid.gov](http://MyPyramid.gov) to review the *NEW* food guide pyramid. Stop by the Wellness Works office to receive free information.

# Wellness Works @ USC

FACULTY & STAFF

SPRING 2007

## USC + AHA = \$15,000

Every year since 1984 more females than males have died from Cardio Vascular Disease. Come walk with USC and help raise \$15,000 for the American Heart Association. The 2007 Midlands Heart Walk will be held on Saturday, March 24th @ 9:00am.

Registration is FREE. Visit [www.heartwalk.kintera.org/midlandssc](http://www.heartwalk.kintera.org/midlandssc) and click on “join team” and select University of South Carolina as the company.

The Wellness Works office is working on building teams in a variety of campus departments. Join a team already started or

create your own. Visit the Wellness Works website to print out a t-shirt and donor form to honor a loved one during the walk.

If you have any questions or would like to get involved in the fight against heart disease and stroke

Please contact WW at 7.6518.



## Spring 2007 Walking Works!

**Mark your calendars!** Walking Works registration begins Monday, January 8th, 2007.

Walking Works is a six-week program that lets you determine your team, schedule, and level of involvement.

Teams of two and four will

compete over the course of six weeks to earn points towards incentives offered from the Wellness Works office.

Fall 2006 winners received t-shirts, water bottles, workout bags, initialed totes, fleece coats, and massages.

Register by visiting our website @ [www.sa.sc.edu/wellness](http://www.sa.sc.edu/wellness). Click on services to print a registration form. Registration is due by January 16th.

**Add Walking Works to your New Year's resolution!**

## Facilities Staff Setting a Standard with Be-Well

**Their efforts reflect the beauty and stability of campus grounds and buildings!**

This spring, the facilities department staff, directed by Mr. Jim Demarest, will be the first to participate in a pilot study on worksite wellness. This fourteen week program will include pre and post assessments to measure

the affects of incorporating healthy lifestyle changes into your daily life. The project is a collaborative effort with Healthy Carolina, Campus Wellness, USC School of Nursing, USC Department of Exercise Science, Campus Recreation, USC Department of Public Health, Counseling & Human Develop-

ment Center, and the Thomson Student Health Center. Facilities staff participating in the pilot study will engage in weekly prevention education and physical activity. Join the team of researchers in supporting the volunteers who are committed to making a lifestyle change.



Wellness Works is a worksite wellness program for faculty and staff at the University of South Carolina.

Student Health Services - Division of Student Affairs

Email: [wellness@gwm.sc.edu](mailto:wellness@gwm.sc.edu)

Website: [www.sa.sc.edu/wellness/ww.html](http://www.sa.sc.edu/wellness/ww.html)

Phone: 777-6518





## Faculty & Staff Directory— Campus Resources

- Thomson Student Health Center-** [www.sa.sc.edu/tshc](http://www.sa.sc.edu/tshc) 7-3174
- \* Primary Care Partners
  - \* Massage (\$20 for 25-30 minutes. Daytime contact 7.6518, evening contact 6-9393)
  - \* Dietician (\$45 per hour, \$22.50 for half hour)
- Campus Recreation-** [www.campusrec.sc.edu](http://www.campusrec.sc.edu) 7-5261
- \* Blatt Physical Education Center (FREE to faculty/staff)
  - \* Strom Thurmond Wellness & Fitness Center (membership required)
  - \* Group Exercise Classes (\$20 per semester, FREE to Family Fund Donors)
- Counseling & Human Development Center-** [www.sa.sc.edu/chdc](http://www.sa.sc.edu/chdc) 7-5223
- \* Six one-on-one counseling sessions for \$45
  - \* FREE group sessions
- Psychological Services Center-** [www.cas.sc.edu/psyc](http://www.cas.sc.edu/psyc) 734-0378
- \* FREE unlimited group, couples, and individual sessions
- Gateway Children's Center At USC-** [www.sc.edu/uscdrc](http://www.sc.edu/uscdrc) 5-2666
- \* Full-day year-round childcare
  - \* Conveniently located near campus
- Clinical Exercise Research Center-** [www.sph.sc.edu/exsc](http://www.sph.sc.edu/exsc) 7-3331
- \* Coronary Risk Factor Screening
- Human Resources-** [www.hr.sc.edu](http://www.hr.sc.edu) 7-3824
- \*FREE Professional Development workshops
  - \*Benefits information

## Columbia Area Resources

- Family Service Center-** [www.fsconline.com](http://www.fsconline.com) 733-5450
- \*Employee Assistance Program
  - \*Individual /Relationship/Family Counseling
  - \*Consumer Credit Counseling
  - \*Legal Consultation
  - \*Mediation
- Prevention Partners-** [www.eip.sc.gov](http://www.eip.sc.gov) 737-3820
- \*Click on Prevention Partners and locate a list of FREE workshops

## Wellness Works FREE Services

**Worksite Screening-** Full-time university employees who have health insurance are eligible to receive annual worksite screenings at a reduced cost of \$15.

**On-Site Screening-** Schedule a blood pressure & body fat analysis screening for your office or department. You pick the date and time, we take care of the rest. Go to [www.sa.sc.edu/wellness](http://www.sa.sc.edu/wellness) and click on services to download a request form.

**Exercise Consultations-** One-on-one excise consultations begin with long/short term goal setting, blood pressure & body fat analysis measurement followed by a weight room orientation. Call 7-6518 to make an appointment.

**Drop-In Services-** Stop in the Wellness Works office anytime during office hours to get your blood pressure checked, height & weight, body fat analysis, healthy nutrition materials, Personal Wellness Profile, and a variety of other resources.

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