

CommonHealth Programs for Fall 2009

Beginning Monday, September 14, 2009	Pilates	Taught by Pegeen Albig, classes meet on Mondays and Wednesdays each week at 12:05 – 12:50 in Peters Hall – C019
Information Meeting Wednesday, September 7 12:00 – HR Training Room 5:15 – HR Training Room	Weight Watchers At- Work Meeting	Full time RU employees are eligible for reimbursement of ½ the cost of the series after attending 10 of the 13 meetings. Classes meet each Wednesday in the HR Training Room.
September 15 9:00 – RUPD (only RUPD employees) 10:00 – Library 11:00 – Facilities Planning & Construction Conf. Room 12:00 – Hurlburt 250	Something to Smile About	This program not only reviews dental hygiene basics like brushing and flossing, but it also explores the relationship between dental health and diabetes, the benefits of good oral health during pregnancy, how to help children avoid tooth decay, and the link between gum disease and heart attacks. Participants will even find out how to stop up to 700 different types of bacteria from entering the bloodstream and receive a travel dental kit including a small zipper bag, a toothbrush, floss, and toothpaste.
October 22 11:00 – 2:30 – Muse Banquet	Greener Virginia Flu Shots (in conjunction with Employee Benefits Fair)	Description available soon
Ongoing Program	Future Moms	Wellness Program for expectant mothers. Click here for more information: http://commonhealth.virginia.gov/programs/futuremoms.html
Ongoing Program	Quit for Life	Would you like to quit smoking at no cost to you? This free program will help you do that by assigning a Quit Coach that will work with you to create a personal quitting plan. More information may be obtained at the following: http://commonhealth.virginia.gov/programs/quitforlife.html