

Melissa S. Eder

From: Tricia McGuire
Sent: Monday, November 17, 2014 9:50 AM
To: DL-All AC Family
Subject: IT'S TURKEY TIME!!!

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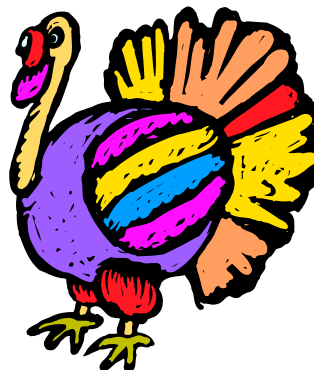
LIKE THE WELLNESS FACEBOOK PAGE AND SEE HOW YOU CAN WIN A TURKEY!!!

<https://www.facebook.com/acwellness>

Contest runs Monday, November 17 through Friday, November 21!!!

- Participate in a specific wellness activity each day. (check FB page daily)
- Post it on FB page.
- Each posting enters you for the turkey drawing. (2 winners)
- Drawing on Friday at 3pm.

Sponsored by the AC Wellness Committee!



Tricia McGuire, MS

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Instructor - Amarillo College
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Melissa S. Eder

From: Mj Hammond
Sent: Friday, November 16, 2018 10:20 AM
To: Craig B. Clifton
Subject: CE News You Can Use

Let me know what you think!



Carter Fitness and Wellness

Here For You

Get motivated to cook for Thanksgiving with last minute tips on all things turkey! We'll be playing short videos about carving, seasoning, frying, baking glazing, grilling, brining, serving and leftovers

while you're watching you can enjoy a power breakfast, break, lunch or a wind down after work on Tuesday Nov 20 from 6am – 6pm.

Employees can come over and:

1. Grab a \$4 lunch(includes a meat, soup, crackers, fruit, water) or a \$1 snack(fruit and water).
2. Watch short(1-5 min each) mini cooking demonstrations on all things turkey from Food Network while you eat/snack
3. Walk at least 10 minutes(or do more if desired) and find out about the Active 10 walking program
4. Check out our new Relaxation room for de-stressing.

We look forward to seeing you!

STAY CONNECTED



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TX 79178

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Melissa S. Eder

From: Mj Hammond
Sent: Friday, November 16, 2018 4:32 PM
To: DL-All AC Family
Subject: Join us for a little fun next Tuesday



Carter Fitness and Wellness Here For You

Come on down to Carter Fitness and get motivated to cook for Thanksgiving with last minute tips on all things turkey!

Come share your favorite recipe (or not), and watch videos about carving, seasoning, frying, baking, glazing, grilling, brining, serving and leftover-ing. Whether this is your 1st feast or your 50th, we know you'll learn a few new culinary tricks.



While you're watching you can enjoy a power breakfast, snack, or lean lunch (11am -1pm). If it's a busy day, stop in after work - we'll be there!

Faculty and staff can come over and:

1. Grab a \$4 lunch (includes a meat, soup, crackers, fruit, water) or a \$1 snack (fruit and water).
2. Watch short (1-5 min each) cooking demonstrations from the Food Network while you eat/snack.
3. Walk at least 10 minutes or more and find out about the Active 10 walking program
4. Check out our new Relaxation room for de-stressing. You'll love the massage chair!

Here's to Healthy Holidays!

Craig

Craig Clifton
Director
Carter Fitness and Wellness

