

Melissa S. Eder

From: Craig B. Clifton
Sent: Tuesday, February 9, 2010 10:07 AM
To: Craig B. Clifton; Jay C. Anders; Shannon E. Cornell; Patricia L. McGuire; Jeanetta K. Smiley; Joni L. Stone; Felicity J. Swann; Ruth O. Whitehead; Rachel S. Reneau; Henry A. Wyckoff
Subject: Wellness Committee Quiz Preview

Hello Everyone,

I just wanted to update you on the surveys/quizzes we have been working on. Follow the link below and you can see a preview of what one of the quizzes will look like. I had to adapt your quizzes to the format we are using, so it may look a little different from what you submitted to me. Please give me your feedback. As soon as this is completed for all of the quizzes we will meet again to discuss how to send them out and also promoting the wellness fair.

Press your Ctrl key and then click on this link to access it.

<http://sites.actx.edu/SelectSurveyNET/TakeSurvey.aspx?SurveyID=7lKK3pm>

Craig Clifton

Amarillo College
Fitness and Life Services
(806)371-5299
cbclifton@actx.edu

"Live Fitness Well!!!"

Melissa S. Eder

From: Craig B. Clifton
Sent: Tuesday, February 23, 2010 2:34 PM
To: DL-Everyone
Subject: FREE cholesterol/glucose/triglyceride screenings for AC employees and More...

Importance: High

On Tuesday March 2, the Wellness Committee will be teaming up with *Northwest Texas Hospital, the AC Nursing Department and various healthcare professionals* to provide health screenings and Health/Wellness educational opportunities for AC employees. ***The cholesterol/ glucose/ triglyceride screening is FREE.*** The blood testing is done via a fasting(begin midnight the night before) blood draw. To have this done, come to ***Carter Fitness Center*** between 8am and 10am Tuesday March 2. This is more than just a blood test. It is a heart risk evaluation with follow up for those who may be at high risk. The Wellness Fair will be at Carter Fitness Center on that same day from 10am- 2pm. If you plan to do the blood screening, **please respond back** to me so I can get an estimate of what to plan for. Mark your calendar and watch for more information on this event in the next few days.

Craig Clifton

Amarillo College
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(806)371-5299
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"Live Fitness Well!!!"



Melissa S. Eder

From: Craig B. Clifton
Sent: Monday, March 1, 2010 1:29 PM
To: DL-Everyone
Subject: Wellness Fair Tomorrow- Info.

Wellness Fair tomorrow 10am – 2pm. **It is not too late to do the blood testing tomorrow.** This testing shows HDL and LDL values. **This could save your life.** Just show up if you want. Do not forget to fast after 12midnight tonight. There has been a good response for this. If you can come between 9am and 10am for the blood draw, the flow of people would be easier to handle. You can also do the online wellness assessment any time(see below).

Click on the link below and assess your “Wellness.” Complete at least one of these brief(5 questions) assessments, bring your confidential printed results to the wellness fair(details below) and receive a **free gift**. Complete all six, and your name will be placed in a drawing for a **grand prize gift basket**. Try it. It will be fun...

<http://www.actx.edu/carter/wellness>



Northwest Texas Hospital, AC Nursing, Wellness Committee, and various healthcare professionals will be on campus **Tuesday March 2** for a **Wellness Fair 10am – 2pm at Carter Fitness Center**. Below is a list of activities/booths that will be available that day. The fasting cholesterol/glucose/triglyceride blood draw will be done between 8am and 10am and is free, no appointment required. **Family Members are welcome to have this done for free also!!!**

Balance Center
Chiropractic
Oxygen Analyzer
Screening(circulation)
Blood Pressure
Evaluation
Fitness
Development/Health
Spiritual/Emotional Health
Massages
Colon Cancer
Cholesterol control
Stress Reduction
Cessation

Handgrip strength
Diabetes screening
Body Fat Percentage
Social Health
Lowering Salt Intake
Breast Cancer
Diabetes Management
Proper Nutrition

Coby Perkins
Lymphodema
Heart Risk
Mental
Chair
Prostate Cancer
Hypertension
Smoking

MRSA Prevention
Effects
Disaster Preparedness

Adult Immunizations
Door Prizes

Sun Damage
Heart Hospital



Again, The cholesterol/ glucose/ triglyceride screening is FREE. The blood testing is done via a fasting(begin midnight the night before) blood draw. To have this done, come to ***Carter Fitness Center*** between 8am and 10am Tuesday March 2. This is more than just a blood test. It is a heart risk evaluation with follow up for those who may be at high risk for heart/cardiovascular disease. If you plan to do the blood screening, ***please respond back to this e-mail(if you have not already)*** so we can get an estimate of what to plan for. Mark your calendar and watch for more information on this event in the next few days.

AC Wellness Committee

From: Craig B. Clifton
Sent: Tuesday, March 2, 2010 8:32 AM
To: DL-Everyone
Subject: Free Popcorn, \$300 Value Grand Prize at Wellness Fair Today

Wellness Fair is today 10am – 2pm, Carter Fitness Center. See the contents of the grand prize giveaway below. Come on over, complete your wellness assessment, get some free popcorn and enter to win the grand prize. See all of our booths and enjoy the fair.

Wellness Assessment Grand Prize List

Fitness Resistance Tubing
2 tickets for Jungle Book at Lamplight Theatre
Picture Frame
Journal/Pen
2 Gorilla Hockey Tickets
Kwik Kar Oil Change
Bowling Passes
Fitness Pedometer
Hastings Gift Card
Ceramic Plaque
Applebee's Gift Card
2 Puzzle Books
4 Fitness DVD's
2 Relaxation CD's
Personal Training Session (1 hour)
Fruit
Dave Ramsey's Total Money Makeover book
Basket

Total value: OVER \$300

Click on the link below and assess your “Wellness.” Complete at least one of these brief(5 questions) assessments, bring your confidential printed results to the wellness fair(details below) and receive a **free gift**. Complete all six, and your name will be placed in a drawing for a **grand prize gift basket**. Try it. It will be fun...

<http://www.actx.edu/carter/wellness>



Northwest Texas Hospital, AC Nursing, Wellness Committee, and various healthcare professionals will be on campus **Tuesday March 2** for a **Wellness Fair 10am – 2pm at Carter Fitness Center**. Below is a list of activities/booths that will be available that day. The fasting cholesterol/glucose/triglyceride blood draw will be done between 8am and 10am and is free, no appointment required. **Family Members are welcome to have this done for free also!!!**

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Blood Pressure
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Development/Health
Spiritual/Emotional Health
Massages
Colon Cancer
Cholesterol control
Stress Reduction
Cessation
MRSA Prevention
Effects
Disaster Preparedness

Handgrip strength
Diabetes screening
Body Fat Percentage
Social Health
Lowering Salt Intake
Breast Cancer
Diabetes Management
Proper Nutrition
Adult Immunizations
Door Prizes

Coby Perkins
Lymphodema
Heart Risk
Mental
Chair
Prostate Cancer
Hypertension
Smoking
Sun Damage
Heart Hospital



Melissa S. Eder

From: Ruth O. Whitehead
Sent: Saturday, February 12, 2011 11:29 AM
To: Joni L. Stone; Henry A. Wyckoff; Felicity J. Swann; Brenda C. Waren; Craig B. Clifton; Rachel S. Reneau; Trena J. Rider; Robert E. Banks; Patricia L. McGuire
Subject: RE: Wellness Fair

Nursing students can do blood pressure, glucose and cholesterol screening. We will need to limit glucose and cholesterol screening to 50 people.

Ruth O. Whitehead RN MSN PNP

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Nursing Instructor
806-356-3691 (O)
806-690-2921 (C)
806-354-6096 (FAX)
MAILING ADDRESS:
P O Box 447
Amarillo, TX 79105-9973

From: Joni L. Stone
Sent: Friday, February 11, 2011 2:11 PM
To: Henry A. Wyckoff; Felicity J. Swann; Brenda C. Waren; Craig B. Clifton; Ruth O. Whitehead; Rachel S. Reneau; Trena J. Rider; Robert E. Banks; Patricia L. McGuire
Subject: RE: Wellness Fair

I have called Dennis Burton with NWTH and he has not been in yesterday or today I left 2 messages? I think with the pressing time we should seek an alternate "blood screening" method. I will still ask about the agility, strength & balance training. As well as the oxygen and chair massages.

I called Natural Grocers and spoke to the "nutritionist- Tonya" who was very excited to come, she is going to double check with the manager but pencil us in for that date and time.

From: Henry A. Wyckoff
Sent: Friday, February 11, 2011 1:11 PM
To: Felicity J. Swann; Brenda C. Waren; Craig B. Clifton; Joni L. Stone; Ruth O. Whitehead; Rachel S. Reneau; Trena J. Rider; Robert E. Banks; Patricia L. McGuire
Subject: RE: Wellness Fair

Brenda,
I have confirmed with Shane Riemer chiropractor that he will be there and set up a booth.

Henry Wyckoff
Department Chair
Transportation technologies
There is no education in the second kick of a mule

From: Felicity J. Swann
Sent: Friday, February 11, 2011 12:32 PM
To: Brenda C. Waren; Craig B. Clifton; Joni L. Stone; Ruth O. Whitehead; Rachel S. Reneau; Trena J. Rider; Henry A.

Wyckoff; Robert E. Banks; Patricia L. McGuire

Subject: RE: Wellness Fair

Roberta Smart, owner of the Curves center at 34th and Osage, wants to participate.

Thanks,

Felicity Swann

Scholarship Coordinator

Financial Aid Office

Amarillo College

Office:806-371-5319

Fax:806-371-5371

From: Brenda C. Waren

Sent: Friday, February 11, 2011 11:31 AM

To: Craig B. Clifton; Joni L. Stone; Ruth O. Whitehead; Rachel S. Reneau; Trena J. Rider; Henry A. Wyckoff; Robert E. Banks; Patricia L. McGuire; Felicity J. Swann

Cc: Brenda C. Waren

Subject: Wellness Fair

If you will let me know when you have confirmed a vendor to participate I will start creating a flyer with those vendors listed and if the nursing students are going to be there what they will be doing. I have had several emails asking if they needed to fast and I told them I couldn't answer it at this time as I didn't know exactly which vendors/student would be doing each task. I know we meet Tuesday, but if I have information I can start working on it.

Thanks,

Brenda Waren

Human Resources Manager

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Amarillo, TX 79178

806-371-5046

bcwaren@actx.edu

Melissa S. Eder

From: Felicity J. Swann
Sent: Thursday, February 17, 2011 2:27 PM
To: Brenda C. Waren
Subject: RE: Wellness Fair - March 1

Amarillo South Chiropractic would like to participate at the Wellness Fair.

I just received a phone call from
Can you please reserve a table
She's not exactly sure what she'll
definitely attend.

Wellness Fair

Shan Allen, 220-1332.
for her?
be doing, but she will

Thanks,
Felicity

From: Brenda C. Waren
Sent: Thursday, February 17, 2011 10:55 AM
To: DL-All Faculty and Staff
Subject: Wellness Fair - March 1



March 1, 2011
From 11:00 am to 2:00 pm



*The AC Nursing Students will be performing the following services: blood pressure, glucose and cholesterol screening. The glucose and cholesterol screening will be limited to 50 people and fasting is not required.

DOOR PRIZES AND FREE POPCORN!!!!

Thank you,
Wellness Committee

Melissa S. Eder

From: Patricia L. McGuire
Sent: Monday, February 28, 2011 6:22 AM
To: DL-All AC Family
Subject: LAST CHANCE...SIGN UP!!!!!!

GOT THE MUCHIES???????

AC Annual Wellness Fair - March 1st
A TASTE OF FITNESS...*sample what AC has to offer for you!*
Free tasty treat for all who participate!

11:00 AM YOGA/PILATES
11:30 AM KICKBOX
12:00 PM ZUMBA or WEIGHT ROOM Instruction
12:30 PM BALANCE BALLS/TONING or WEIGHT ROOM Instruction
1:00-2:00 PM WEIGHT LOSS Challenge (coming March 21st!) *-question/answer only!*

Please email me to sign up for the "samples" you would like to "taste!"
Some activities will be limited due to equipment. Hope to see you there!
******All activities take place at the Carter Fitness Center!******