



February is American Heart Month



February 2023 Wellness Newsletter

American Heart Month is a time when the nation spotlights heart disease, the number one cause of death in America.

President Lyndon B. Johnson issued the first proclamation in 1964.

Your Wellness Committee has compiled resources to help you focus on heart health this month.

The Centers for Disease Control and Prevention has many resources: <https://tinyurl.com/2xpn23b3>

Employee Retirement System of Texas Webinars

Improving and Maintaining Heart Health

Feb. 14, 10-15 a.m.

Register: <https://tinyurl.com/yckxdnw9>

Life's Essential 8 with Dr. Eduardo Sanchez, Chief Medical Officer of American Heart Association

Feb. 16, 10-11 a.m.

Register: <https://tinyurl.com/4828dm8c>

Feed Your Heart, the Health Plate

Feb. 28, 10-10:15 a.m.

Register: <https://tinyurl.com/yp9y6t4d>



Get Fit With the Texas State Agency Challenge

There is still time to join the 2023 Get Fit Texas State Agency Challenge and participate in a state agency-to-agency competition. Learn more and register today for free at getfittexas.org using your Collin email.

Challenge open until April 2

Join Collin College's "New Year, New You" Wellness Challenge

Our current wellness challenge for full-time employees is focused on tracking healthy habits, minutes spent in classes, and class completion in the free Bernalong platform.

Once logged in to Bernalong, go to your profile and select "Individual Challenges." Click "Accept" to join.

Visit join.bernalong.com/collincollege and create a free account with your Collin College email.

Earn Points

- 1 pt = per minute
- 15 pts = completing a class
- 5 pts = each wellness habit tracked

5 drawings winners will receive a \$50 voucher to Collin College bookstores and cafés. Winners must be full-time employees who have earned at least 223 points in Bernalong.

Get Inspired in Your Wellness Journey

Are you ready to make healthy changes but are not sure where to start?

Check out the curated content in Bernalong's February playlist at <https://well.bernalong.com/playlist/1724> to find webinars on fitness, finances, healthy eating, and more.

You can also refer to the February Bernalong calendar for daily suggestions and monthly themes. Go to <http://inside.collin.edu/wellness/wellnesscalendar.html>.

Visit <http://inside.collin.edu/wellness/physical.html> for in-person classes available across the district.



**2022-2023
Wellness
Committee**

- Camale Allen
- Justin Atherton
- Beth Atkins
- Meena Beri
- John Brewer
- Casey L. Carter
- Michele Culpepper
- Dulce de Castro
- Cathy Donald-Whitney
- Brandy Fair

- Lisa Forrester
- Carol Harber
- Michael Holtfrerich
- Deborah Ingoldby
- Joey King
- Vidya Krishnaswamy
- Meredith Martin
- Joan Mendez
- Karrie Newby
- Genevieve Northup

- Daniel Patyrak
- Ron Reczek
- Shelley Sheldon
- Karen Smart
- Kate (Ekaterina) Stowe
- Ling Sun
- Amy Throop
- Juli Westcott