

# wellness express

a monthly insight into St. Johns County wellness happenings

SEPTEMBER 2017



## Share the Power World Heart Day 2017



Incase you have not heard, World Heart Day is celebrated each year on the 29th of September. It was created to heighten public awareness of the risk factors of Cardiovascular Disease (CVD) and to promote preventive measures. Cardiovascular Disease is accountable for close to half of all non-communicable diseases, making it the world's number one killer. While that may sound disheartening, the good news is that CVD is preventable with a conscious effort to make heart-healthy choices. Making changes doesn't have to be difficult either. It can be something as simple as

engaging in exercise, using the stairs instead of an elevator, eating well-balanced meals and making time for regular health checks. This September 29th, give your heart the care it deserves. Send me a picture of you engaging in a heart healthy activity. The pictures will be posted on the Wellness page and your name will be entered into a raffle for a Local Fare farm bag with local, seasonal vegetables and fruit, along with a hand crafted loaf of bread. Send pictures to: dzupansic@sjcfl.us

### PHA Credit Opportunity

There is still time to earn your 2018 PHA credit. All you have to do is visit your physician for a wellness examination and take the Physician Verification Form with you. You and your physician must sign the form and submit to The Bailey Group.

To print the form, visit:  
<http://ec.sjcfl.us/Home/Portals/O/Media/Personnel/2017PHAGuide.pdf>



### Wellness Workshop

Thursday | September 21 | 11am  
6670 US 1 South

Muscle and joint stiffness can be painful and affect our posture and mobility. Join us to learn the benefits of stretching and receive guidance on the correct way to increase flexibility and range of motion.

To sign up, visit the Wellness Page or send an e-mail to [dzupansic@sjcfl.us](mailto:dzupansic@sjcfl.us)