



GAFC WELLNESS

April Newsletter

April 2018

Spotlight Tawanda Cage

This month we have chosen Tawanda Cage as our “Spotlight” individual due to her hard work and dedication to GAFC’s FPL program. Tawanda began her fitness journey in January 2018. She says that FPL has given her the confidence in her ability to make lifestyle changes. This program has also encouraged her to be more active, resulting in losing weight and inches in her waist. Tawanda says that she is more confident and feels like she is a healthier person. One of the highlights of Tawanda’s journey is conquering the infamous Elliptical and portioning food. Her biggest obstacle was to not let her size dictate her movements. Tawanda has worked 110% during every session with her trainer and has certainly seen the benefits.



Senior Health Fair



On March 28th, GAFC hosted a Senior Health Fair. There were over 30 vendors that offered a variety of free services and screenings and 100+ attendees. The screenings that were offered can be seen below:

- BP
- Glucose
- Cholesterol
- 3D Foot Scanning
- Hearing
- Spinal

Participants were entered in a chance to win a door prize.

The simple act of smiling sends messages to your brain that you're happy. When people mimic different emotional expressions, their bodies produced physiological changes that reflect the emotion!



Red Cross Blood Drive

April 4th at Bet (Barnes Ebron Taft Community Center) from 10:30am – 3:00pm

Lunch and Learn Series

This past March the Wellness Program put on a Stress Management workshop series. These workshops focused on holistic ways of dealing and managing stress. Those that attended 3 out of the 4 workshops were able to receive a Wellness Gift.



Lunch and Learn March 8th Speaker: Ashely Roseno



Lunch and Learn March 14th Speaker Mike McCammon



Lunch and Learn March 21st Speaker Don English



Lunch and Learn March 29th Speaker Chris Horrigan



Nutrition Kiosk Winners



Margot Clark presenting the infused water bottle to winner Christi Williamson from Community Development.



Victor Long presenting the infused water bottle to winner Medgar Bynum from Public Works.



Scott Jablonski presenting the infused water bottle to winner to Cliff Cahoon from Water Resources.

Research shows that smiling is contagious. Studies show that something as simple as seeing a friend smile can activate the muscles in your face to make that same expression, without you even being aware that you are doing it!



The interns at the Greenville Aquatics and Fitness Center would like to thank you for working with us this spring. It has been a joy to train and work with each of you during this time. We hope each and every one of you has an amazing summer! Thanks again!