

# CUGWell Connection

Your Monthly Newsletter

March 2019



March is National  
Nutrition Month

## Upcoming Events

### Couch to 5k

March 5th–April 27th

### Senior Wellness Fair

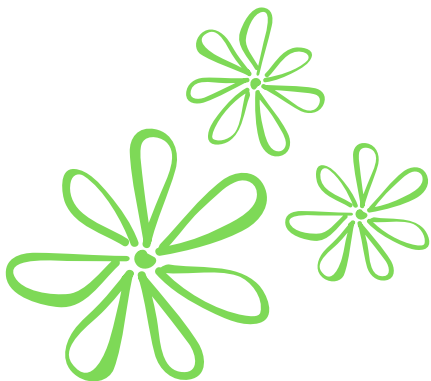
March 27th

### Blood Drive

April 3rd

### Wellness Walk

May 1st



# WELCOME

## BRETT RODDY

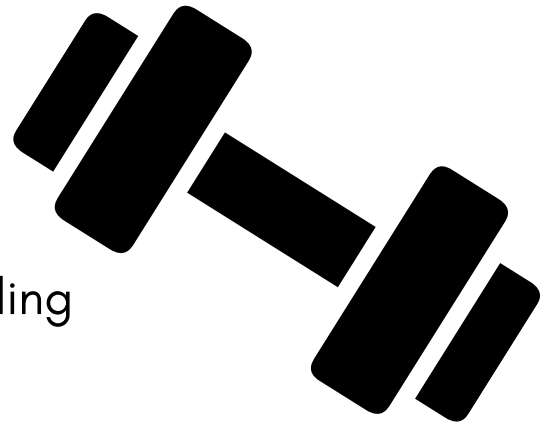
Recreation Supervisor

We are thrilled to welcome our new Recreation Supervisor, Brett Roddy. Brett just moved to Greenville from Byrdstown, Tennessee with his wife Kelci, son Kai, and two dachshunds, Scotty and Remi. He completed his Bachelor's in Physical Education at Berea College and completed his Master's in Sport and Recreation Management at Indiana State University. Brett enjoys spending time with his family and dogs as well as re-doing furniture. Please welcome Brett if you see him around!

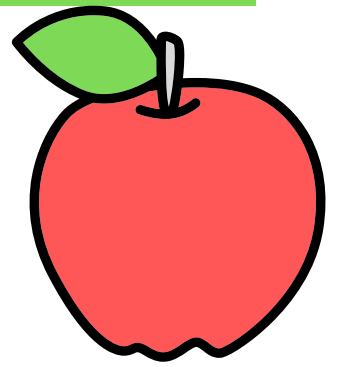
Favorite TV Show: The Office

Favorite Food: Supreme Pizza

Favorite Workout: HIIT classes or foam rolling



# NUTRITION



**5** things you probably didn't know about...

**APPLES**



Apples likely originate from the  
**Tien Shan Mountains**  
of China and Kazakhstan

**7,500**

varieties of apple are  
now grown around the  
world



**25%**

of an apple's volume  
is **air**, which is why  
they float in water

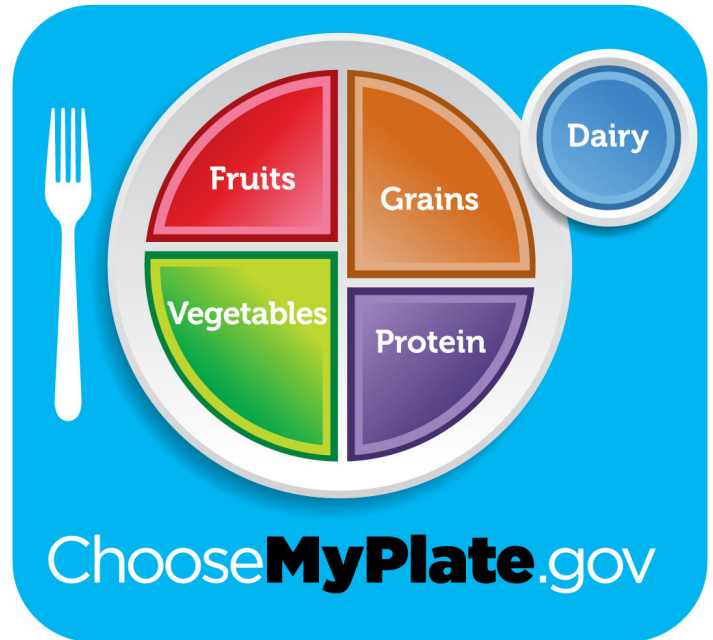
A medium apple contains  
**4.4 grams**  
of fiber, with most of it  
found in the skin.



Apples contain phytochemicals linked to  
the prevention of chronic diseases such  
as cancer



HEALTH THROUGH FOOD  
[www.SPEcertified.com](http://www.SPEcertified.com)





# PLEASE JOIN US FOR OUR ANNUAL **WELLNESS WALK**

**Wednesday, May 1**  
**12:15 PM & 1:15 PM**

Begins at shelter near off-leash dog park (200 North Ash Street). Light lunch provided after walk. Employees completing the walk will receive a free Wellness gift!

