



# August Wellness at JSC

## August Main Event: 31 Days of Wellness

Increase your Wellness IQ in August and receive tickets for a random prize drawing. Drawing grand prize is a Kindle! Other prizes will be awarded as well.

**Grand Prize: Win a Kindle!**  
Drawing: Sept 2<sup>nd</sup> at Noon, B3 Café



## August Classes & Activities

### 31 Days of Wellness with Random Prize Drawing

- Participate in wellness activities and receive tickets for the drawing
- Contact Rob Davenport, 281-483-0317, [Email Rob](#)

### Summer Wellness Classes Continue!

- Workforce Solutions free career development courses
- [Aug Online Signup](#), Contact 281-483-9224 or [Email JWP A&E](#)

### Just Lose It Coming On Site

- Aug 11 - Oct 27: 12-week Weight Mgt Program, Wed at 11am
- Contact Rebekah Hart, 281-483-6770, [Email Rebekah](#)

### Nutrition Activities

- Aug 10: Grocery Store Tour
- Aug 24: Fact or Fiction: Debunking common nutrition myths
- Contact Glenda Blaskey, 281-244-1503, or [Email JSC RD](#)

### EAP Presentations

- Aug 4: Attention Deficit Disorder, Dr. Janel Miller
- Aug 18: Drugs in Schools, CCISD School Liaison Officers
- Contact EAP, 281-483-1630, [Email EAP](#)

### Wellness Challenges:



Earn 5 points in the Employee Rewards Program for each challenge. [Rewards Program Info](#)

**Sept:** [NASA Walk to Wellness](#)  
Registration starts Sept 1<sup>st</sup>.  
You must register to participate.

**Nov:** [Healthy Holidays](#)

### Newsletters:

Exploration Wellness: [July](#) [Aug](#)  
Starport Services: [July](#) [Aug](#)



### Co-Ed Fitness Boot Camp

- Aug 2nd – Sept 10th, for 6 weeks, Cost \$100
- Register by calling 281-483-0304

### Couples Ballroom Dance Classes

- Starts Aug 17th and 19th, Cost is \$96/couple
- Register by calling 281-483-0304

### Feds Feed Families

- Aug 23 – 27: donate food for families in need