



# HEALTHY HAPPENINGS

March, 2013

## Contact Us

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### American Red Cross Blood Drive

**Where:** 201 N. Stone Ave

**When:** Tue March 19<sup>th</sup>  
8:00am – 1:00pm

Wed March 20<sup>th</sup>  
8:00am – 1:00pm

To schedule your appointment, contact the American Red Cross at **1-800-733-2767**.

All presenting donors will receive a FREE water bottle while supplies last.



Don't miss the [Online Presentation and Monthly Quiz](#)

## Wellness Provider Partnership with the YMCA



Pima County and the YMCA of Southern Arizona have a new wellness partnership that provides all employees and their family members a subsidized monthly membership rate with no enrollment fees.

YMCA facility memberships to Pima County employees will now be offered for \$20.00 per month for an individual membership or \$44.00 per month for a family membership (2 adults 21+ and any number of dependent children under 21 living in the same household). Membership is valid at all YMCA's of Southern Arizona locations and is available for new and existing members. A Pima County employee identification badge is required.

Additional gym membership discounts and wellness services can be found online.

### [More Details](#)

## Volunteer, Participate, and Earn at the Cyclovia Tucson 2013 event

Cyclovia will cycle its way into Tucson's heart for the fourth year. The free event closes streets to encourage people to get out and exercise, whether it's on foot, bike or skates.



Date:	Time:	Location:
Sun. April 7, 2013	10am-3pm	Starting downtown & making a 5 mile loop south & back again
Sun. April 28, 2013	10am-3pm	A linear route connecting neighborhoods & businesses in North/Central Tucson

Research has proven a significant connection between volunteering and good health. To encourage giving back to the community and improving the level of wellness, Pima County employees who volunteer for Cyclovia will be awarded Healthy Lifestyle Activity



## *Congratulations to the Wellness Winners*

### Blackened Salmon Soft Tacos



[View and print  
this recipe as a PDF.](#)

ADP HR/Benefits Solution now displays your employee's Healthy Lifestyle Activities and will be updated each month.

Log on and click on the "Wellness" tab, then choose the "Healthy Lifestyle Discounts & Activities" page and you'll be able to see the activities that are on record for you.

[More Details](#)

points based on the number of volunteer hours completed. Employees who are working at the event will also be eligible for the points as well as any employees who participate at the event.

If you are unable to volunteer, or want to enjoy the event after you put in your volunteer hours, you can still earn points for participating. Just pick up a Cyclovia map/passport and visit the various booths along the route. After the event, submit the map to Employee Wellness; it's that simple.

You can earn a maximum of 25 Healthy Lifestyle Activity points by participating in one or more events.

### [More Details](#)

## Colorectal Cancer Awareness Month

Of cancers that affect both men and women, colorectal cancer is the second leading cancer killer in the United States. Colorectal cancer affects all racial and ethnic groups and is most often found in people ages 50 and older.

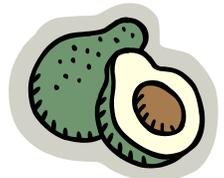
The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer – that's why it's so important to get screened.

People over age 50 are at highest risk for colorectal cancer. Other risk factors include smoking, having a family history of colorectal cancer, and being African American. Everyone can take these healthy steps to help prevent colorectal cancer:

- Get screened starting at age 50.
- Eat plenty of brightly colored fruits and vegetables.
- Eat fresh fish 1-3 times per week.
- Limit consumption of red meat.
- Avoid tobacco in any form.
- Maintain a healthy weight and keep physically active.
- Limit alcohol consumption.
- Avoid excess salt and saturated fats.

## Super Foods

What has the ability to supply abundant amounts of energy, fight cancer, protect your health and do so much more? Super foods! Attend this workshop to unmask the secret and discover what super foods do and what they are? Learn what top nutrients you may be missing from your diet along with the importance of omega-3 fatty acids, antioxidants and fiber. Along the way, also discover what key foods pack a powerful punch and earn the right to be called a super food.



[More Details](#)