

# HEALTH & WELLNESS

VANDERBILT

FACULTY & STAFF

The Occupational Health Clinic  
The Vanderbilt Child and Family Center

Health Plus  
Work/Life Connections-EAP

# Connection

Providing programs that support the health and productivity  
of Vanderbilt's most valuable asset... YOU!

Vol. 30 • NO. 2  
February/March 2010

Be committed to a heart-healthy lifestyle. Participate in

## COUNT ON YOUR HEALTH

During National Heart Month in February and National Nutrition Month in March, lower your risk for heart disease by controlling what you can.

- **Don't smoke.**
- **Keep total cholesterol below 200**, LDL below 130 (below 100 is optimal), HDL 40 or above for men and 50 and above for women.
- **Measure your waist and learn your risk.** A high-risk waistline is 35" or larger for women and 40" or larger for men.
- **Keep your weight, blood pressure, and body fat percentage in check** with quarterly Know Your Numbers stations. Attend three out of four Know Your Numbers events in 2010 and receive a duffel bag as your reward.

### IN FEBRUARY:

#### • Know Your Numbers

February 3, 10 a.m. – noon, Kirkland Hall, room 201

February 4, 7 – 10 a.m., Vanderbilt Children's Hospital, conference room 2104

February 10, 11 a.m. – 1 p.m., Love Your Heart Expo, Light Hall lobby

February 16, 7 – 10 a.m., Breezeway/Connecting Corridor between the Vanderbilt Clinic and Light Hall

Feb 17, 10 a.m. – 1 p.m., The Commons, Peabody Campus, room 235

February 25, 4 – 6 p.m., The Vanderbilt Clinic, room 2702 – 2703

Throughout February, all hours of operation, Health Plus, Kensington Garage

*Please have your Vanderbilt ID card with you for Know Your Numbers*

- **Wear Red for Women Day**, to raise awareness for heart disease and stroke, is February 5. Join Mark Glazer, MD, Cardiologist at Vanderbilt Heart for a lunch and learn on Women and Heart Disease: Signs That Are Often Ignored. Wear red and get a prize. Noon – 1 p.m., Light Hall, room 208.
- **Love Your Heart Expo.** Visit this lunchtime expo to receive a cholesterol and glucose screening, compliments of Vanderbilt Heart\*, an opportunity to get one-on-one counseling from a Vanderbilt Cardiologist and Registered Dietitian, prizes, and more!

\*A limited number of screenings available; first come, first served.

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### Mark Your Calendar

**February 3** Health Plus Pressure Relief Network Blood Pressure Series Begins

**February 5** Wear Red for Women Day

**February 17** Child and Family Center Offers Signs and Symptoms of Elder Abuse

**February 25** Health Plus Know Your Numbers event at TVC

**March 10** OHC at the Vanderbilt Bone & Joint Clinic

**March 31** Start! Physical Activity Challenge 1 Ends



*Pamela Schneller  
Associate Dean  
Blair School of Music*

## Leading by example

*Vanderbilt Leaders Making  
Wellness a Priority*

### What is your healthy breakfast on the run?

I make a large batch of granola once a month using oats, walnuts, raisins, almonds, and cranberries. It is our favorite breakfast — easy and nutritious — and it lasts and lasts!

### What type of music do you have in your CD player?

Anything classical — or from the '80s! I especially love Bach, Mozart, and the English cathedral choral tradition.

### What makes you laugh?

Old movies and fun times with friends.

### What is your idea of a near-perfect day?

After a relaxing breakfast in a spot with gorgeous scenery, I head out for a long hike or bike ride with my husband. Four or five hours later, we return, clean up, and end the day with dinner and a movie.

### Do you currently have a fitness goal?

My goal is to keep doing an hour a day of exercise and stretching *for the rest of my life*. I am always working on balance, flexibility, strength, and endurance. I mix it up between

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## COUNT ON YOUR HEALTH

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### IN MARCH:

#### • Nutrition Podcasts

Listen to five-minute Health and Wellness podcasts on nutrition topics such as *Women and Heart Disease*, *5 Ways to Love Your Heart*, *Crock Pot Cooking*, and more. Listen from your computer or download to your MP3 player.

Visit <http://healthandwellness.vanderbilt.edu/podcasts> to view all podcasts.

#### • Let's Eat — Living at Your Healthy Weight

Join Jamie Pope, MS, RD, LDN, from Vanderbilt School of Nursing to talk about maintaining a healthy weight without feeling deprived. March 24, noon – 1 p.m., Location to be announced at <http://healthplus.vanderbilt.edu>.

### PERPETUAL MOTION

## 13 easy ways to move more

1. **Do light chores while you talk** on a cordless phone at home.
2. **Take your dog out one more time** each day.
3. **Try to do one errand on foot** at least once a week.
4. **Replace conference room discussions** with outdoor “walking meetings.”
5. **Carry your own full grocery bags** from the store to the car.
6. **Stroll around the entire shopping mall** once before you enter a store.
7. **Stand whenever you can.** It burns twice as many calories as sitting.
8. **Go into the bank** instead of using the drive-through window.
9. **Take the stairs** instead of an elevator whenever possible.
10. **Visit a park or museum** instead of going to a movie.
11. **Walk around the block** when you go to get the mail.
12. **At least once a week, turn off the television** and do a family activity.
13. **When you do watch TV, do sit-ups and push-ups, and lift hand weights** during commercials.

## The Counseling Corner



### Does our relationship have a future?

#### Q: Dear Counselor,

I've been seeing the same guy for two years, and we rarely speak of a future together. We went on a few dates, then moved to meeting up with mutual friends on the weekends and talking on the phone or hanging out together once or twice during the week. I dreamed of more in my life, but at 28 I feel lucky to have a boyfriend, since many of my girlfriends are completely single. I have already invested two years in this relationship, but I'm beginning to think I just expect too much. What do you think?

*Tiffany, Staff Nurse*

#### A: Dear Tiffany,

We are “attachment mammals,” so it is completely natural to invest in relationships we hope will last a lifetime. The thought of breaking up or asking for change from another can be truly daunting to us. John Gottman, PhD, a noted expert on relationships, concludes that individuals who are truly satisfied and happy with their relationships actually have high expectations rather than low expectations of their partner and themselves. He believes that healthy intimate relationships need the foundation of a “sound house.” This includes respect, affection, and deep commitment to the other person and the relationship. Gottman developed a relationship quiz that helps you assess the closeness of your relationship. See it at [www.gottman.com](http://www.gottman.com).

As you explore your commitment to this relationship, you may want to consult a professional to identify additional resources. You can make an appointment at Work/Life Connections-EAP for a safe place to discuss your feelings. Call **936-1327** for a confidential appointment.

*Margie Gale, RN, MSN, CEAP*  
Nurse Wellness Specialist  
Work/Life Connections-EAP

# health yourself

## Boomers, elders, and more

Join a new lunchtime series to help you manage the challenges of caring for an elderly adult. All sessions are noon – 12:45 p.m.

- **How to Recognize the Signs & Symptoms of Elder Abuse**

February 17

Light Hall, room 407 C-D

Erika Burnett, Elder Abuse Prevention Coordinator at the YWCA, discusses detecting abuse, neglect, self-neglect, sexual abuse, stalking, and financial exploitation in the elderly.

- **Communicating Effectively with Health Care Providers**

March 17

Light Hall, room 407 C-D

Nancy Pertl of the Mental Health Association discusses the role of the caregiver in dealing with the health care system, how to communicate and build mutual understanding, and how to deal effectively with insurance companies.

For a complete listing of classes that will be offered in this series, visit <http://childandfamilycenter.vanderbilt.edu/> or call Stacey Bonner, MBA, at 343-2635.

## SPOTLIGHT ON Carolyn Butler Health *Plus* Office Assistant



**“I feel great and have lost a total of 67 pounds and dropped three pants sizes.”**

Carolyn’s goal to lose weight and improve her health took a big step forward when she came to work at Health *Plus*. She explained that “I began having progressively worsening knee problems in the late ’90s until the knee pain plus being overweight forced me to quit my job. In 2005 I made the decision to have surgery on both knees and to lose weight.”

After resolving her knee problems, Carolyn wanted to join a fitness center, but on her fixed income that wasn’t an option. She really needed a place to exercise. Soon after that, she came across an opening for an office assistant position in a fitness center (Health *Plus*) and applied for the job.

Now she works out in the morning at least five times a week and has increased her time to 40 minutes. “If I miss a day it’s OK, but if I make all five days I’m on cloud nine. I make small goals. I started with the stationary bike, doing one mile and kept increasing mileage until I reached eight miles in 30 minutes! I know it’s best to set small goals, and I never beat myself up, because I’m constantly looking at my progress. My doctor is also very happy with the changes I have made.”

Carolyn’s next goal is to walk the recommended 10,000 steps daily. She expects to succeed by developing a specific plan. “I will dedicate 30 minutes in the afternoons, three or four times a week, and increase to five times a week. If I fall off the wagon, I will immediately get back on.”

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## Start! Moving more in 2010

**Be a part of Vanderbilt’s physical activity program for faculty and staff as we strive to reach the goal of 5,000 participants and 1.5 billion steps in 2010.**

Walk or do another activity that you enjoy. Track your activity on the Online Step Tracker. Meet the activity goals for the four Challenges and win great prizes; begin Challenge 1 today! Participate alone or with your co-workers.

A biweekly motivational e-mail is also offered to help you succeed. Register or learn more by visiting [www.healthplus.vanderbilt.edu](http://www.healthplus.vanderbilt.edu). Click on the green Start! button to begin moving more and having fun.



## Finding a sweet way to say I love you to an elderly adult

**Valentine's Day can be a lonely holiday for the elderly, some of whom may have lost a spouse. Finding the perfect gift can be a daunting task, but by thinking outside the box it is possible to find a sweet way to say I love you. Here are some gift ideas to make this day special for any elderly individual in your life:**

- **Giving Food** — Many people in their late 70s and 80s struggle to complete everyday tasks. They might most value a lasagna or tuna casserole that they could stick in the freezer until they need it. Decorate the dish with red plastic wrap, ribbon, and a heart-shaped valentine to make it especially festive. Be sure to pay attention to special dietary needs.
- **Subscriptions** — Gift subscriptions can be a great way to show someone how much you love them all year long.
- **Your Time** — Spending quality time with someone you care about on this day may be priceless.
- **Gift of Listening** — Invite a senior friend over for a cup of coffee and some homemade treats. You can discuss their favorite memories. The gift of listening is a wonderful one that can be given any day of the year.
- **Time with Grandkids** — If you are a parent, get your children involved in Valentine's Day activities with their grandparents. Invite grandparents over for a day of fun making Valentine cards and baking for one another.

Valentine's Day can be a thoughtful day for everyone. No gift giving needs to be an extravaganza; what's important is something that comes from your heart and has a lot of meaning.

Do you care for an elderly adult? The Vanderbilt Child and Family Center offers a variety of resources dealing with elder care topics. Please call **936-1990** or visit <http://childandfamilycenter.vanderbilt.edu> and search Adult Care.



# Health n

## Life Phase Series

The Health *Plus* Life Phase Presentation Series is designed to help promote quality of work life by providing programs to manage areas of our lives other than work.

*Thursday, February 5*

### Women and Heart Disease: Signs That Are Often Ignored

Noon – 1 p.m.  
Light Hall, room 208  
Join Mark Glazer, MD, Cardiologist at Vanderbilt Heart for a discussion on women and heart disease.

*Wednesday, March 24*

### Let's Eat — Living at Your Healthy Weight

Noon – 1 p.m.  
Location to be announced at <http://healthplus.vanderbilt.edu>  
Join Jamie Pope, MS, RD, LDN, Vanderbilt School of Nursing Instructor for a lively discussion on maintaining a healthy weight without feeling deprived.

## Mediterranean diet & type 2 diabetes

During one four-year study, people with type 2 diabetes who followed a Mediterranean-style diet lost more weight and had a 37% lower risk of needing blood-glucose-lowering medication than those who followed a low-fat diet. (The Mediterranean-style diet included less than 50% of daily calories from carbohydrates, while the low-fat diet consisted of less than 30% of its daily calories from fat.)

A Mediterranean diet is generally high in plant foods such as fruits, nuts, and legumes; high in fish and monounsaturated oils like olive oil; and low in poultry and red meat.

*Source: Annals of Internal Medicine, Vol. 151, pg. 306*

## Health *Plus* Wellness Commodore program needs your passion for wellness!

**A Wellness Commodore is a liaison between their work department and Health *Plus*. Commodores communicate to faculty and staff in their area about Health *Plus* programs and services, help Health *Plus* staff understand the needs and interests of their department and how we can better serve them, and act as role models for wellness.**

Learn more about becoming a Wellness Commodore for 2010 by visiting the Health *Plus* home page at <http://www.healthplus.vanderbilt.edu/>.

*A few of the 2009 Wellness Commodores come together to celebrate a job well done.*



# News you can use

## Leading by example

Continued from page 1

weights for strength, elliptical or bike for cardio, and yoga and stretches for agility and flexibility.

### What is one thing people might be surprised to know about you?

There are two things, actually. 1) I didn't start exercising until I was 31. Busy with work and kids, I couldn't imagine being an athlete, but the running boom in the late '70s and early '80s inspired me. After almost a year I completed my first mile, and two years later I completed the Chicago Marathon in 4 hours and 18 minutes.

2) February 3, 2010 will be the fifth anniversary of my near-fatal accident. I was hit by a van and thrown 10 – 15 feet, landing on my head. I suffered numerous broken bones in my skull, ankle, and ribs, and had to have emergency brain surgery. Miraculously, I was able to rebuild my brain and body and return to work. The doctors said my physical fitness at the time of the accident played a large role in my ability to recover. The day of the accident I was lifting 15 pound barbells. Two months later in therapy, I was still struggling with 1 pounders! The day I was able to maneuver my walker into the Student Rec. Center and pedal on the bike was a real affirmation that things would eventually be alright.

## Eating-Well Recipe

Moist chicken with a crisp crust — a healthy alternative to fried chicken.

### Parmesan-Crusted Chicken

- Vegetable cooking oil spray (olive oil preferred)
- ½ cup fat-free or low-fat plain yogurt
- 1 ½ cups whole-wheat or plain dry bread crumbs
- 2 Tbsp. shredded or grated Parmesan cheese
- 2 Tbsp. seasoning blend (grilling blend preferred)
- 6 boneless, skinless chicken breast halves (about 4 oz. each, all visible fat discarded)

Preheat oven to 350°F. Lightly spray 13 x 9 x 2-inch baking pan with cooking spray. Put the yogurt in a shallow bowl. In a separate shallow bowl, stir together the bread crumbs, Parmesan cheese, and seasoning blend. Set the bowls and baking pan in a row, assembly-line fashion. Dip each piece of chicken in the yogurt, then roll in the bread crumb mixture and place in the baking pan. Lightly spray the top of the chicken with vegetable oil spray. Bake for about 30 minutes, or until no longer pink in the center. Serves 6 (½ chicken breast per serving). Per serving: 250 calories, 3.5 g total fat, 1.0 g saturated fat, 0.0 g trans fat, 315 mg sodium, 21 g carbohydrates, 32 g protein.

Source: American Heart Association Low-Salt Cookbook, Second Edition, (c)2001

## The Occupational Health Clinic comes to you!

OHC makes getting those shots and skin tests even more convenient for you. Drop by during any of these sessions to get all the immunizations and testing you need to be “up to date.”

### OHC Visits 100 Oaks

8 – 11:30 a.m. every Thursday in the Vanderbilt Preoperative Evaluation Clinic (suite 21100).

### OHC Visits Williamson County

**February 10**, 10 – 11 a.m., Edward Curd Lane; 11:15 a.m. – 12:15 p.m., Walk-in Clinic.

**March 10**, 10 – 11 a.m., Vanderbilt Bone & Joint Clinic; 11:15 a.m. – 12:15 p.m., Vanderbilt Oncology/Orthopedic Clinic.

### OHC Visits Vanderbilt Children's Hospital (VCH)

**February 4 and March 4**, 1 – 4:30 p.m., room 8009.

#### Health and Wellness Connection

newsletter editor: Stacey K. Kendrick, MS, Coordinator of Health Promotion, Faculty and Staff Health and Wellness

Contact [stacey.k.kendrick@vanderbilt.edu](mailto:stacey.k.kendrick@vanderbilt.edu) or 322-6689

## NUTRITION QUESTIONS?

# Ask the Dietitian

**Q. Which vegetables and fruits help reduce cholesterol?**

**A. Fiber content is key! When looking for fruits and vegetables, choosing those high in fiber will help you reduce your cholesterol.**

How it works: Once you eat a meal with fiber, the fiber binds to some of the cholesterol eaten, as well as to some of the cholesterol your body makes. Once it is bound, the cholesterol is excreted in your feces.

Daily recommendation: Adult women should get at least 25 grams of fiber a day; men should get at least 38 grams.

*Fruits high in fiber:* Pears, raspberries, blackberries, stewed prunes, dried figs, dates, canned pumpkin, apples with skin, bananas, oranges.

*Vegetables high in fiber:* Sweet potatoes, green peas, potatoes with skin, spinach, Brussels sprouts, sauerkraut, tomato paste, winter squash, broccoli, parsnips, turnip greens, collard greens.

*Other good sources of fiber that will help lower cholesterol:* Soy beans, chickpeas, navy beans, lentils.

Whole grains, such as bran cereals, rye crackers, whole-wheat English muffins, bulgur, whole-wheat pasta, oatmeal.

*Other advantages of eating fiber:*

It helps maintain normal bowel function and helps control body weight by making you feel full, so you don't need to eat as much.

Source: American Dietetic Association, February 11, 2009, Tip of the Day: Start Your Day with Fiber

Written by: Jessica Guterman and Lauren Burdock, Vanderbilt Dietetic Interns. Reviewed by: Abbie Derrick, RD LDN, Vanderbilt Nutrition Services

## Prescription drug benefit changes for 2010

An interview with Dexter Shurney, MD, Medical Director for the Vanderbilt Health Plan



**Q: How does the new Vanderbilt and in-network pharmacy program through Navitus work?**

The Vanderbilt Health Plan encourages faculty and staff to use the Vanderbilt pharmacies, where you will get \$1 maintenance generics and the best price for all other prescriptions. However, the Navitus pharmacy network is also available to you and includes most major retail pharmacies. A complete list of retail pharmacies is available at [www.navitus.com](http://www.navitus.com).

**Q: Is it true that I have to switch to a generic drug if one is available?**

The Vanderbilt Health Plan encourages using generics when a generic equivalent is available, but you aren't forced to change. If you or your doctor requests the brand-name drug when a generic equivalent is available, you will pay the Level 3 copay plus the cost difference between the brand-name drug and the generic drug. The higher price you pay won't count toward your prescription drug out-of-pocket maximum.

**Q: Are generics as effective as name brand drugs?**

Generic prescription drugs contain the same active ingredients, same dosage form, and same strength as their brand-name counterparts. The Federal Drug Administration tests and reviews all generic drugs to be sure they are approved substitutes.

**Q: What if the brand-name drug I take doesn't come in a generic?**

You can continue getting that brand-name drug. You can refer to the formulary drug list to check the Level of the brand-name drug you are taking so you know what to expect to pay at the pharmacy.

**Q: What is the new prescription drug cost breakdown?**

Drug level	Vanderbilt Pharmacy (up to 30 days)	Retail Network Pharmacy (up to 30 days)	Vanderbilt Mail Order/Pick Up (up to 90 days)
Maintenance Generic	\$1 copay	\$15	\$3 copay
Level 1	\$5 copay	\$15	\$15 copay
Level 2	\$25 copay	\$35 copay	\$70 copay
Level 3	\$40 copay	\$50 copay	\$100 copay
Specialty	10% coinsurance with \$75 cap	Not available	10% coinsurance with \$225 cap

**Q: What if I need a specialty drug for a chronic illness?**

Vanderbilt Specialty Pharmacy will assist members who take medications classified as specialty for chronic illnesses or complex diseases. Specialty drugs are only available through the Vanderbilt Pharmacy.

**Q: What about mail order prescriptions? How will they be handled with Navitus?**

If you have been receiving your prescriptions through the mail from Caremark, those prescriptions need to be transferred to the Vanderbilt Pharmacy, as the Vanderbilt Pharmacy began handling all mail order service on January 1, 2010. Navitus will not handle mail order for the Vanderbilt Health Plan. The Vanderbilt Pharmacy has been providing mail order service for more than 10 years, and it is in the process of expanding this service for the additional faculty and staff who will request mail order. Mail order service offers an easy way for you to purchase a 90-day supply of your long-term or maintenance medications. The prescriptions can be mailed to your home or picked up at the Vanderbilt Pharmacy of your choice. For more information on mail order, call the Vanderbilt Pharmacy mail order service at **615 875-0078**.

**Q: Can I use my Go for the Gold Wellness Credit Account to pay for my prescription drugs?**

No. The money in your health plan account is only for coinsurance and deductibles.

**Q: Whom do I contact with questions about my prescription benefit, such as the formulary drug list (list of drugs covered under our benefit plan), claims, participating pharmacies, and other questions?**

You can find all of that information on the Navitus Website at [www.navitus.com](http://www.navitus.com). You can also call the Navitus customer service at **866-333-2757**.

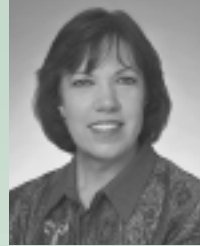


# take care

## OHC TALK:

### WHAT DOES A HEALTHY HEART NEED?

Patricia Kinman, MSN, FNP-BC, Manager, Vanderbilt Occupational Health Clinic, talks with Dr. Douglas Sawyer, Chief of the Division of Cardiovascular Medicine at Vanderbilt.



**We have all heard the numbers; heart disease continues at the top of the charts when we look at causes of death in the United States. So what can you do to nurture and create your healthy heart?**

- **If you smoke, get help to stop** — Call the Occupational Health Clinic at **936-0955** to schedule an appointment. If you don't smoke, don't start.
- **Learn ways to relax and reduce your stress level.** Download or request a CD copy of the Work/Life Connections-EAP audio titled *Relaxation: Finding the Calm Within You* by visiting <http://worklifeconnections.vanderbilt.edu/podcasts/relaxation-audio>.
- **Know what your blood pressure and cholesterol levels are.** You can get a blood pressure check without an appointment at the Occupational Health Clinic (OHC), 6th floor Medical Arts Building location during all hours of operation, or visit any of the Know Your Numbers events during February that are listed on page 1 of this newsletter.
- **Start or continue an exercise plan that fits your age and current health status.** The risk of developing heart disease can be lowered by activities such as a brisk walk that noticeably accelerates the heart rate. Walk for a minimum of 30 minutes on five days of each week.
- **Choose foods that are low-calorie and low-fat.** Studies show that a Mediterranean diet is healthy for your heart. The Mediterranean diet includes lots of fish, fruits and vegetables, whole grains, olive and canola oils, and less meat and refined flours than the standard American or Southern diet.\*
- **Work with your health care provider** to manage any chronic health conditions that may increase the risk of heart disease, such as diabetes and high blood pressure.

According to Dr. Doug Sawyer, Chief of the Division of Cardiovascular Medicine at Vanderbilt, the most important thing that you can do to maintain a healthy heart is to “Live like we used to back in the day when we were hunter-gatherers. That means eating lots of fruits, nuts, and vegetables, and getting lots of exercise.”

Source: \*Preventing Heart Disease: Who Needs to be Concerned and What to Do, Primary Care: Clinics in Office Practice - Volume 35, Issue 4 (December 2008)



*Losing as little as 10 pounds  
can help lower your blood pressure.*

## Being fit can even trump being thin

“Learn to incorporate regular exercise into your schedule. Although maintaining ideal weight is important, people who are physically active, regardless of their size, are healthier and live longer than their inactive counterparts.” In a study of 2,603 people age 60 and older published in 2006 in the *Journal of the American Medical Association*, physically fit individuals had roughly the same mortality rate whether they were underweight, normal weight, or overweight. “Being fit can even trump being thin. People who were fat but fit had a survival edge over those who were skinny but inactive.”

Source: Dr. Emily Kurtz, Director of Preventive Cardiology at Vanderbilt

## Blood pressure educational series: Pressure relief network

**Join a series of classes that explore the lifestyle choices you can make to control blood pressure.**

- Five sessions, every other Wednesday, February 3 through March 31.
- Noon to 12:55 p.m. in Light Hall, room 415.
- The sessions are free and available to full-time faculty/staff and their spouses.

For more information or to register, please contact Madeline Garr, Health Educator and Wellness Coach, at **343-8777** or [madeline.b.garr@vanderbilt.edu](mailto:madeline.b.garr@vanderbilt.edu).

Vanderbilt Health & Wellness  
201 25th Ave. South  
Nashville, TN 37240



## upcoming events

### Babies and You

**Babies and You is a free prenatal education program sponsored by Health Plus that is offered to full-time faculty, staff, and their dependents.** The program focuses on early prenatal care and the prevention of birth defects and low birth weight. Sign up for Babies and You within the first trimester of pregnancy, and your baby may be eligible to receive a \$100 (taxable) savings bond when he or she is born. After the birth of your baby, you will qualify for one free home visit by a registered nurse. The service is available for Davidson and surrounding counties.

#### UPCOMING CLASSES FOR BABIES AND YOU:

**February 18, noon to 1 p.m.**

##### Basics of Infant Safety at Home and in the Car

Tara Huss, MD,  
Vanderbilt Pediatrics  
Location: 407 Light Hall

**March 18, noon to 1 p.m.**

##### Facing the Challenges of Pregnancy

Michelle Collins, MSN, RNC, Certified Nurse Midwife, West End Women's Health Center

Location: 407 Light Hall

**For more information, call Lisa Connor, RN, at 343-8943.**



## Health Plus Group Fitness News to Know...

■ **Couples dancing for beginners** — Learn to dance from Vickie Rose, International Dance Champion. She will be teaching beginner level couples dances on Monday nights from 6:15 to 7:15 p.m. at Health Plus. February will feature Ballroom dancing. In March, try your feet at Country-style dance!

■ **NEW participants welcomed in every group fitness class.**

There are always options to suit basic or beginner levels and also for more advanced training. Please advise the group fitness instructor that you are new to the workout and he/she will be happy to give you additional instruction. Don't be shy or concerned... YOU CAN DO IT!

■ **New 2010 group fitness schedule** — Check out the new classes, such as 6:15 a.m. Boot Camp, Zumba, and Core Fusion, and a Friday 5:15 p.m. Functional Fitness class.

View the entire group fitness schedule on the Health Plus home page at <http://healthplus.vanderbilt.edu>.



**For details, call Group Fitness Coordinator Lori Cowan at 343-6576, or contact her at [lori.l.cowan@vanderbilt.edu](mailto:lori.l.cowan@vanderbilt.edu).**

## Weight management workshop

Health Plus and The Vanderbilt Dayani Center program offer a weight management workshop for adults, team-taught by an exercise physiologist, a registered dietitian, and a health psychologist. Discounts and partial reimbursements offered to Vanderbilt employees reflect a savings of almost 50% off the full price and payroll deduction is available. For more information, go to [VanderbiltWeightLoss.com](http://VanderbiltWeightLoss.com), or call 343-7303.

**Health and Wellness Director:** Mary Yarbrough, MD, MPH

**Department Managers:**

Lori Rolando, MD, MPH and Marilyn Holmes, MS, RD, LDN, Health Plus  
Jim Kendall, LCSW, ACSW, CEAP, Work/Life Connections-EAP; Melanie Swift, MD, FACOEM, The Occupational Health Clinic; Diane Neighbors, EdD, Child and Family Center; Paula McGown, MSN, MAAC, CPA, Health & Wellness Administration