

# 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!

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## Take the yearly healthy lifestyle challenge: Participate in Go for the Gold 2010.

Get started! The new deadline is October 31st.

In 2009, 17,335 faculty and staff participated in the national and state award-winning Go for the Gold Program. Completing it yearly will help you evaluate your current lifestyle, identify health risks, and decide where and how to make improvements. Use the personal recommendations you get to set your own goals, based on what is important to you.

### NEW FOR 2010:

- A new Wellness Actions Log that is more interactive.
- A new Game Plan for Your Health video on maintaining a healthy weight. Watch *Eat. Move. Feel.*
- You can now check your own Go for the Gold completion status by logging into the Health and Wellness Information Portal at <https://myhealthandwellness.vanderbilt.edu>.
- **New deadline of October 31, 2010**

Health Plus offers help for your department with completing Go for the Gold, by appointment. Contact Kimberly Tromatore at 343-8943 or [health.plus@vanderbilt.edu](mailto:health.plus@vanderbilt.edu).

Individuals that need help with Go for the Gold may stop by the Health Plus Kensington Garage location during all hours of operation (Mon – Fri, 5 a.m. – 9 p.m. and Sat, 8 a.m. – 2 p.m.) or the Occupational Health Clinic at 640 Medical Arts Building (8 a.m. – 5 p.m.) for personal assistance.

Participate in Go for the Gold and be a part of Vanderbilt's culture of wellness by visiting <http://healthplus.vanderbilt.edu>. Get started on your Go for the Gold today to make sure your steps are completed by the **new deadline of October 31, 2010.**

For additional assistance contact Health Plus at 343-8943 or [health.plus@vanderbilt.edu](mailto:health.plus@vanderbilt.edu).

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## Mark Your Calendar

**August 19** Superclass at Health Plus

**Every Thursday** Vanderbilt  
Farmers Market

**August 25** OHC Comes to Edward  
Curd Lane

**September 4** Health Plus at Tailgate

**September 28** Health and Wellness  
at the Benefits Fair at OHO



*John M. Sloop  
Senior Associate Dean,  
Undergraduate Academic  
Affairs, College of Arts  
and Science*

## Leading by example

*Vanderbilt Leaders Making  
Wellness a Priority*

### Your way to relax on the weekend?

I am both a cyclist and a distance runner, so I generally use one of the two days for a 10 mile run and the other for a 50-plus bike ride. In the evenings, my wife and I like to either go out to dinner or have a group of friends over for dinner and HBO on Sunday nights.

### CD likely to be found in your CD player?

Interesting question. Ever since the advent of the iPod, I listen to music almost exclusively on shuffle, so it's hard to identify one CD. However, I will sometimes put my newest purchase in the car CD player to help me get to know it on the rare occasions when I do drive. Right now, that would be The Gaslight Anthem's "The '59 Sound."

### Current fitness goal?

While a long time runner with several marathons in my past, I only recently began biking. I rode

(Continued on page 2)

## AT HOME & AT SCHOOL

### 7 quick-slim tips for kids

- 1. Start every day with a nutritious breakfast.** A scrambled egg on a whole-wheat muffin or string cheese with an apple are some quick ideas.
- 2. Make sure healthy school lunches and other food choices are available,** such as apples and bottled water in vending machines. Replace sugary cupcakes and candy at classroom parties with fruits and veggies, and apple, carrot, or banana muffins.
- 3. See that your kids get at least 60 minutes of physical activity every day,** either through physical education classes or after-school activities. If walking to school is an option, that would be a good way to start the day.
- 4. Limit television, video games, and surfing the web to two hours total per day.**
- 5. Eat dinner together whenever you can** and devote one evening a week to a physical activity you can enjoy as a family.
- 6. Get serious about shuteye.** Studies of preschool and middle-school age children have found that getting enough sleep (at least 10.5 hours per night for children ages 3 – 5, about 10 hours for ages 5 – 12, and about 9 hours for teenagers) helps prevent childhood obesity.
- 7. Be a good role model** with your own eating and activity choices.

Source: American Academy of Pediatrics; *Pediatrics*, Vol. 125, pg. 420

## Leading by example

(continued from page 1)

the Harpeth River Ride Century in June (see the picture on page 1), so now I have this vague — and I stress vague — desire to pick up swimming and maybe flirt with a few spring triathalons.

### Your favorite food indulgence?

Monell's fried chicken. My wife makes great fried chicken but Monell's is wonderful and always available.

### What makes you laugh?

Local news stories.

### Motto in life?

"A working man's got to work." An older man I worked with used to say this, especially when we were all getting tired. It had a certain charm that was both resigned and encouraging, as if to say, "Work hard because that's what we were born to do."

## The Counseling Corner



### Q: Dear Counselor,

My children are changing to a new school because we had to relocate due to the flood. They seem to be anxious about this and I want to help things go smoothly for them. What can I do to ease the transition?

*Angela, Patient Care Representative*

### A: Dear Angela,

It sounds as if your family has been through many changes in recent months. Change can be stressful. Change represents a challenge, but also fear of the unknown, for both you and your children. The first week in any new school can be pretty scary. Here are 5 things that might help you in the transition:

- 1. Tour the school.** Visit the school before classes start to make it familiar. Go to the playground. Walk the halls if you can. Meet the principal and teachers as soon as you can.
- 2. Try to find a child in the neighborhood** who goes to that school who can serve as a buddy. See if they can establish a friendship before school starts.
- 3. Get your child involved** in after school activities as soon as possible. Establishing a social network is the easiest way for kids (and parents) to acclimate to new surroundings
- 4. Communicate.** Talk with your child about what they are experiencing. Listen without judging their feelings. There may also be some grieving going on from the move and the losses precipitated by the flood as well as fears about their new situation. Helping to make this successful will set the stage for other changes in your child's future.
- 5. Monitor.** Children are generally resilient, but keep alert for behavioral changes or signals that they are struggling. School counselors can be helpful to keep an eye on how well your child is making the transition.

While this may be a normal stage in your family's development, it can be helpful to talk with a professional. Make an appointment with one of the Work/Life Connections-EAP Counselors offering you a safe place to discuss your feelings. Call **936-1327** for a confidential appointment.

This month's counselor is *Jim Kendall*, LCSW, CEAP, Manager, Work/Life Connections-EAP

# health yourself

## Know Your Numbers events part of Employee Celebration

Health *Plus* reminds you to keep your weight, blood pressure, and body fat in check with quarterly Know Your numbers stations. You can use these numbers to assist in completion of Go for the Gold (add them to your yearly Health Risk Assessment). If you attend three out of four events this year you will receive a duffle bag as your reward.

- **September 7, 2010**  
noon – 2 p.m.  
One Hundred Oaks, conference room 26102
- **September 9, 2010**  
11 a.m. – 1 p.m.  
3401 West End, suite 380
- **September 15, 2010**  
Light Hall, North Lobby\*  
\*tentative location; please check the Health *Plus* website to confirm
- **September 21, 2010**  
Edward Curd Lane  
VMG Clinic Office, 2nd floor training room
- **September 29, 2010**  
7 – 10 a.m.  
Vanderbilt Children's Hospital, room 2104
- **Throughout September**  
All hours of operation  
Health *Plus*, Kensington Garage Club Level

Please bring your Vanderbilt employee identification card to all Know Your Numbers events.

Start! keeps you moving into the fall

**start!**

- **Challenge 3 continues through September, it's not too late to join.**  
Find an activity you like and track what you do. Any activity you do will be converted to steps. Complete 200,000 steps by September 30 and receive a reusable grocery bag.
- **Walking Wednesdays begins September 15.**  
Join Health *Plus* Group Fitness Coordinator Lori Cowan as she leads eight weeks of 30-minute walks beginning at the Medical Center North shuttle drop-off. Two groups will be led by Health *Plus*, one for fast-paced walkers and one for slower walkers. An option for offsite walkers is available upon request. Begins September 15 and continues until November 3 at noon. Contact [lori.l.cowan@vanderbilt.edu](mailto:lori.l.cowan@vanderbilt.edu) with questions, or call 343-6576.
- **Heart Walk 2010 on Saturday, October 2.**  
In 2009 Vanderbilt raised more than \$290,000 for the American Heart Association and was among the top five companies in the country. Join Health and Wellness staff on October 2 at 10 a.m. for the annual Heart Walk (activities begin at 8 a.m.).  
To join a Health and Wellness Heart Walk team or make a donation contact Health *Plus* at [health.plus@vanderbilt.edu](mailto:health.plus@vanderbilt.edu) or 343-8943. To become a team captain, join any Vanderbilt team or track donations visit [www.nashvilleheartwalk.org](http://www.nashvilleheartwalk.org). Join the fun and have a heart!
- **Hold the Date!** The Senior Leader Walk is scheduled for Thursday, October 14. Join Mayor Karl Dean, Chancellor Zeppos, Vice-Chancellor Jerry Fife and other senior leaders for a campus walk and celebration on the Health *Plus* balcony.

## Check your mileage

**Knowing when to replace your running shoes can help prevent injury as well as aches and pains in the knees, legs, and ankles.**

Depending upon your weight, running style, and running surface, experts recommend that you replace running shoes every 350 to 550 miles.

Periodically check shoes for signs of wear. Wrinkles or creases inside the shoe can be signs of a worn-out midsole. A shoe that twists easily may have lost its support.

If you are uncertain, try on a new pair of shoes to see if there is a significant difference in comfort and cushion.

Source: *In Motion*, Winter 2010, published by American Orthopaedic Society for Sports Medicine

“Walk to be happy,  
walk to be healthy.”

— Charles Dickens



# Why not try tofu?

## A nutritious and versatile choice for any meal

One half cup of tofu has 10 grams of protein, only 88 calories, and almost no saturated fat. It's also a good source of calcium and is low in sugar and sodium.

Since it takes on the flavor of the ingredients it is cooked with, tofu can be used in everything from breakfast smoothies to sandwiches and stir-fries.

Tofu is made by curdling the milk of soybeans. You'll find it in the produce section or dairy case in three different varieties. Firm tofu is solid and holds up well in stir-fries, scrambles, and veggie burgers. Soft tofu is a good base for soups, dips, and spreads. Silken tofu is custard-like and can be used in purees, salad dressings, or baking.

## Simple ideas for preparation include:

- Stir-fry one-inch cubes of firm tofu with vegetables, garlic, and spices, and top with low-sodium soy sauce.
- Scramble tofu with onions, mushrooms, and seasonings such as mustard, thyme, cayenne, or fresh cilantro.
- Make an "eggless" salad sandwich with crumbled tofu, mustard, mayonnaise, and pickle relish.
- Blend silken tofu with fresh or frozen berries for a smoothie or fruit salad dressing.

Sources: Vegetarian Resource Group; Puget Sound Consumers Cooperative

## TOFU TIPS

**Store tofu in the refrigerator at all times.** When a firmer texture is desired, put tofu on a plate with another plate on top for 5 to 20 minutes. This gently presses the extra liquid out, making the tofu especially good for marinating.

Source: Puget Sound Consumer Cooperative

# Health n

## Adult & Childhood Immunizations

**Adults typically need a tetanus booster shot every 10 years.** But if it has been 5 years since your last tetanus shot and you have a dirty cut or a deep puncture wound (such as stepping on a rusty nail), you should get a tetanus shot as soon as possible. A complete schedule of vaccinations needed to prevent tetanus and infectious diseases such as mumps, measles, meningitis, hepatitis B, and shingles is available at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

Check your Vanderbilt Occupational Health record to see any work-related TB skin tests, immunizations, and lab tests you have documented with Occupational Health Clinic by visiting <https://myhealthandwellness.vanderbilt.edu>.

## Boost your immunity

**A good night's sleep may be one way to fight off a cold.** In one study, adults who slept less than seven hours a night had triple the risk of catching a cold compared to those who slept more than eight hours. Researchers interviewed participants in the study about their sleeping habits, and then dosed them with nasal drops containing one of the viruses responsible for the common cold. The virus took hold more readily in those who were less rested; suggesting that lack of sleep may have weakened their immune systems.

Source: Archives of Internal Medicine, Vol. 169, pg. 62

## Troubleshooting

**When you're faced with a problem at work, try to think of at least two solutions before you take that problem to your boss.** It shows that you're a thinker and problem solver, as well as a doer.

Source: You Can Find More Time For Yourself Every Day, by Stephanie Culp, Betterway Books

## Soothe those jittery nerves

**Physical activity such as walking or weight lifting may be a low-cost way to relieve anxiety related to chronic health problems such as cardiovascular disease, cancer, arthritis, and other painful conditions.**

Anxiety is common among people who are dealing with a chronic illness, yet it often goes unrecognized or untreated by doctors who may view it as an "unimportant response to a chronic illness," says researcher Matthew P. Herring.

A review of 40 research studies found that people with chronic illnesses who exercised regularly reported significantly fewer anxiety symptoms than those who were inactive. Although certain medications can relieve anxiety, exercise may be an option for people who want a non-drug approach. It may have the additional benefit of increasing self-confidence and self-esteem.

Source: Archives of Internal Medicine, Vol. 170, pg. 321



Fill two-thirds of your plate with fruits and vegetables.

### 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

## HEART HEALTH

# What you can do to improve your cholesterol numbers

**Cholesterol is a type of blood fat that can increase your risk for heart disease when it's too high. LDL "bad cholesterol" can build up blockages in your blood vessels like junk in a water pipe. HDL "good cholesterol" helps remove the bad cholesterol from your blood. Lifestyle steps that may help you manage cholesterol without medication include:**

- **Lose weight** if you need to.
- **Exercise.** In addition to helping you lose weight, it can increase the amount of good cholesterol in your blood.
- **Aim for at least 25 grams of fiber each day.** Soluble fiber like that found in oats, peas, beans, oranges, and apples can help lower bad cholesterol. Use whole grain breads and cereals along with 5-6 servings of fruits and vegetables daily.
- **Choose lean protein sources** like fish, lean pork or chicken without the skin and low-fat dairy products. Eat less red meat, whole milk, cheese and butter.
- **Use unsaturated fats** like olive oil or canola oil for cooking.
- **Avoid trans fats** like those found in processed and packaged foods as much as you can.
- **Toss your cigarettes.** Smoking can lower your good cholesterol and decrease your fitness level, making it more difficult to exercise.



A veggie burger can be just as delicious as any hamburger.

Reviewed and commented on by Cindy Osborn, RD, LDN, CDE, Clinical Dietitian, Vanderbilt Cardiovascular Medicine

## Eating-Well Recipe

### Angel Food Cake with Fruit Salsa

- 1 cup diced strawberries
- 1 cup diced pineapple
- 3 kiwis, peeled and diced
- 2 mangos, peeled and diced
- 1 Tbsp. lime juice, fresh
- 1 Tbsp. granulated sugar
- ½ tsp. ground cinnamon
- 1 Angel Food cake (ready-made or home-made)

Chop all fresh fruit into small, bite size pieces (can use fruit suggested or any fruit you like). Add lime juice, sugar, and cinnamon. Mix. Chill in the refrigerator, if time allows. Spoon over sliced angel food cake.

Serving: 1/12 cake with 2 Tbsp. of fruit salsa. Per serving: 184 calories, 2.5 g protein, 0 g total fat, 0 g saturated fat, 43 g total carbohydrate, 1.5 g fiber, 311 mg sodium

Visit the Health Plus Healthy Kitchen Video Library to watch the 2 minute video of this recipe being made at: <http://healthplus.vanderbilt.edu/article/the-healthy-kitchen-cooking-video-library>



## What's in season at the Vanderbilt Farmers' Market?

Health Plus invites you to visit the Nashville Farmers' Market vendors every Thursday, from

3 to 6 p.m. through October at Vanderbilt University Medical Center Plaza. In collaboration with the Nashville Farmers' Market, Monroe Carell Jr. Children's Hospital at Vanderbilt and area farmers, such as Delvin Farms (including their CSA pick up!), Howell's Farm, and Smileys's Farm, fresh picked fruits and vegetables are conveniently available for purchase each week. This year, the selections will also include meat, bread & dairy with Walnut Hills Farms, Provence Bread, & JD Country Milk.

In August and September you can expect bell peppers, blackberries, cabbage, tomatoes, cucumbers, eggplants, field peas, hot peppers, snap beans, turnip greens, zucchini, basil, and more!\*

Visit <http://healthplus.vanderbilt.edu/service/farmer-s-market> to view the seasonality calendar.

\*This is a general guide. Market items may vary based on weather conditions and product availability.

# family health

## Back-up care for children and adults — a new faculty/staff benefit

The Vanderbilt Child and Family Center now offers two options for the provision of back-up, evening and night care, and emergency care. Both the Vanderbilt Sitter Service and Parents in a Pinch offer programs to serve both children and adults. While both are designed to meet the dependent care and self care needs of faculty and staff, the chart below provides a comparison of the two programs that will help you choose which one is right for your needs.

	Vanderbilt Sitter Service	Parents in a Pinch
<b>Eligibility</b>	The service is available to all Vanderbilt faculty and staff.	This benefit is available to all benefits-eligible faculty and staff.
<b>Cost</b>	The cost is negotiated with the individual sitter.	Adult care is \$15.00 per hour and Parents in a Pinch will charge your credit card for the appropriate number of hours once the care is complete. Child care is \$13.00 per hour and is paid directly to the caregiver in cash or by check.
<b>Utilization</b>	There is no limit on the number of days that the Sitter Service can be used.	Each benefits-eligible faculty and staff may use up to 20 days of child and adult care per contract year, July 1 – June 30.
<b>Background Checks</b>	Faculty and staff are responsible for screening the sitters they employ, including interview, reference checks, and background checks.	Parents in a Pinch conducts experience, reference, and criminal background checks.
<b>Arranging for Care</b>	Contact the sitter directly. All sitters are either VU employees or students.	Call 800-688-4697. You will need to provide your employee ID when calling.
<b>Locations</b>	Nashville and some parts of middle Tennessee.	Nashville and other cities that are a part of their network.

Visit <http://childandfamilycenter.vanderbilt.edu> to access more details on the Vanderbilt Sitter Service and Parents in a Pinch.

## You can quit! We can help.

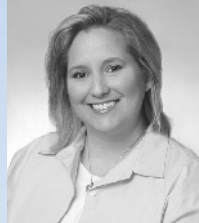
Most people who have stopped smoking completely had to try several times before they were successful. If you didn't make it on your last try, don't get discouraged. The next time may be your successful attempt. Health and Wellness has self help, support and medical resources so that you can choose which approach is right for you when you are ready to quit. For more information visit <http://healthandwellness.vanderbilt.edu/article/tobacco-cessation-resources>.

**“Fall seven times, stand up eight.”**

— Japanese Proverb

# take care

## OHC TALK: BRUSHING UP ON DENTAL CARE



Elaine Dauwalder, MSN, APN, FNP-BC, Nurse Practitioner, Vanderbilt Occupational Health Clinic, talks with Julie Rezk, D.M.D., Assistant Professor, General Dentistry at Vanderbilt

**Oral health can be an indicator of your overall health, and the two are more connected than people realize. Dr. Rezk points out that “Research has linked gum disease with preterm low birth weight babies and heart disease.**

Maintaining good oral hygiene has many facets, mainly including brushing and flossing. This prevents the buildup of bacteria that is often found on the teeth.” The Centers for Disease Control and Prevention (CDC) states that in the United States, 53 million children and adults have untreated tooth decay in their permanent teeth, and most oral diseases are preventable. So, what are some things you can do to promote good oral health? Dr. Rezk recommends the following:

- **Brush your teeth at least twice a day.** Brush once in the morning and once before bedtime. One should spend 2 minutes during each brushing session using a soft bristled toothbrush and fluoridated toothpaste. Replace your tooth brush every three to four months or sooner if the bristles become frayed. Also, avoid harsh scrubbing which can irritate the gums.
- **Clean between your teeth with floss or an interdental cleaner daily.** This helps remove food and plaque from between the teeth and under the gum line. This is an essential step in preventing gum disease.
- **Eat a balanced diet and limit between-meal snacks.** High sugar foods, such as candy and cookies, can lead to tooth decay. Choose foods that are low in added sugars. Some good snack choices are cheese, plain yogurt, and crunchy fruits and vegetables. Also, make sure to drink plenty of water. Avoiding drinks that are high in sugar, such as sodas and juice, will also help prevent tooth decay.
- **Visit your dentist regularly for professional cleanings and exams.** Visiting the dentist every 6 months is also an important component to maintaining good oral hygiene. Radiographs and dental exams can be performed during hygiene appointments resulting in a comprehensive look into a patient’s oral health.

Caring for your teeth is a great investment that can help you have a healthy, beautiful smile your entire life.



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

#### August 25,

9 – 10 a.m., Vanderbilt Orthopedic/Oncology Clinic (324 Springs Blvd., Franklin). *Held on the Orthopedic side.*

10:30 – 11:30 a.m., Vanderbilt Bone & Joint Surgery Center (225 Bedford Way, Franklin)

#### September 22,

9 – 10 a.m., Edward Curd Lane (3rd floor Conference Room).

10:30 – 11:30 a.m., Brentwood Primary Care (343 Franklin Rd., Suite 101).

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

#### August 5 and September 2,

1 – 4:30 p.m., Room 8009.

Make sure you are in compliance with required immunizations and screenings in Occupational Health by visiting

<http://myhealthandwellness.vanderbilt.edu> to find out what services you may need.



*Stay hydrated in hot weather by drinking water throughout the day, not just when you feel thirsty.*

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



## upcoming events

### Babies and You

**Babies and You is a 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:

**August 19, noon to 1 p.m.**

##### Choosing a Pediatrician

Rachel Mace, MD,  
Vanderbilt Pediatrics  
Location: to be announced

**September 16, noon to 1 p.m.**

##### Men Have Babies, Too

Carol Huber, RN,  
Perinatal Education  
Location: to be announced

For more information or to register online, visit  
<http://healthplus.vanderbilt.edu/service/babies-and-you>.



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

■ **Superclass!** The Aerobic Challenge will end with a two hour superclass that includes six 20-minute classes. All regularly scheduled evening classes at Health Plus will be cancelled for the superclass. You can take one or take them all. It's a great way to try something new. August 19 from 5 – 7 p.m.

■ **3rd Quarter Group Fitness Schedule Unveiled.** Check out the exciting new schedule, featuring several class changes at <http://healthplus.vanderbilt.edu/>.

■ **Keeping it Fresh With New Group Fitness Classes!**

- **Step 2** on Mondays at 6:15 a.m.; a new class and a new instructor. Stephanie Arnold will teach step that is beyond the basics and will include an abdominal workout at the end. All levels are welcome, but get ready for some challenging choreography!
- **Boot Camp Express** on Tuesdays at 11:30 a.m. with Megan Conner. This jam packed cardio class gives you total body conditioning. Stay, if you can, for the upper body blast at noon for a 30-minute upper body strength class.
- **Powerlift** on Tuesdays 5:15 p.m. uses adjustable barbells for a full body toning class. You asked for it, we listened.
- **Fitness Through Dance** classes with Vickie Rose are back. Join us for two months of couples dancing in August and September on Monday nights at 6:15 p.m.

All classes are held at the Health Plus Kensington Garage location, unless otherwise indicated. No sign up, just show up and participate. All classes are offered at no cost.

**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).**



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