

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. 31 • NO. 5
October/November 2011

Vanderbilt tests its mass vaccination plan while trying to break a Guinness World Record!

In the event of a pandemic, Vanderbilt has an agreement with the Metro Health Department to vaccinate or treat approximately 60,000 people including our employees and their families, and our students. We are testing our mass vaccination plan, because in the event of a real pandemic, this is the system that would deliver lifesaving vaccines or treatments to you and your family. This event will test our plan using seasonal flu vaccine in a mass vaccination event. While we're at it, there is a good chance we will break the Guinness World Record for most vaccines given in one day. So we have obtained permission from Guinness to make an official record attempt at "Most vaccines administered in 8 hours." The record is currently held by Kaiser Permanente in California, with 6,217 vaccines.

"Flulapalooza is being done to generate excitement and increase participation for the event. We need everyone to attend and support this important drill," explains Melanie Swift, MD, Medical Director of the Occupational Health Clinic.

WHERE: Tent between Light Hall and VA Acre Building

WHEN: Wednesday, October 12, 2011, 6 a.m. – 7 p.m.
(World Record Hours 7 a.m. – 3 p.m.)

WHO CAN ATTEND: Vanderbilt University and Medical Center faculty, staff and students, and volunteers (family members are not included in this drill).

For maximum efficiency please wear short sleeves and present your Vanderbilt ID badge. Supervisors, please stagger your staff participation.

Starting October 14 Occupational Health will offer flu shots at a variety of locations and times for those who were unable to attend Flulapalooza. Shots will also be available in the main Occupational Health Clinic starting October 24. Find details at <http://occupationalhealth.vanderbilt.edu>.

Flu lapa looza

Wednesday, October 12
7:00 a.m. - 3:00 p.m.

Join us on October 12! Take a shot for the record!

Go for the Gold Deadline October 31!

Check your 2011 completion status by visiting the Health and Wellness Information Portal at
<http://myhealthandwellness.vanderbilt.edu>.



Mark Your Calendar

- October 1** Start! Challenge 4 Begins
- October 1** Heart Walk
- October 12** Flulapalooza!
- October 31** Go for the Gold Deadline
- November 14** Hold the Stuffing Begins



Robert S. Dittus, MD, MPH
Albert and Bernard Werthan
Professor of Medicine
Associate Vice Chancellor for
Public Health and Health Care
Senior Associate Dean
for Population Health Sciences
Director, Institute for Medicine and
Public Health

Leading by example

*Vanderbilt Leaders Making
Wellness a Priority*

How do you juggle a demanding workload yet maintain a sense of balance?

A key for me is scheduling — knowing when to be doing what — including work, fitness, sports, community activities, and family time. My daughters' elementary teacher once told them "plan your work and work your plan". I find that incredibly useful in my life. Effective scheduling means I can give full attention to the task at hand. I know when I am most creative and intellectually efficient and preserve that time for the tasks that require it.

Tell us about your practice of taking time to reflect.

I believe it is important professionally and personally to find time by yourself for reflection. A few quiet minutes twice a day to guide your daily activities, and a longer time weekly to reset goals, plan, and be creative. For the longer time, choose a location that you don't otherwise use, so as to be free from visual cues.

(Continued on page 2)

Leading by Example

(Continued from page 1)

This reduces cognitive distractions and constraints while promoting innovation. I like to be outside in a park.

What is something you do to help ensure you get enough sleep?

I know how much sleep I need and am regular with the timing of that sleep. I am an early riser, but like to work out at night. I have a routine in the late evening that involves static and functional strength training and aerobics, followed by a shower and stretching, and then to bed. I keep hydrated, but don't eat much after dinner, perhaps some fruit. I try to match physical and mental fatigue which promotes better quality sleep with me. Also, I keep the bedroom temperature below 68°F and very dark.

How do you stay physically active when traveling for business?

I use the hotel's workout rooms regularly. Some are great, some are not — in which case you often have to be creative. I hope for weight and elliptical machines and a pool.

What is the last book you read for pleasure?

On my flight home last evening, I read "Let's Take the Long Way Home" by Gail Caldwell. I highly recommend it — but have a tissue nearby toward the end.

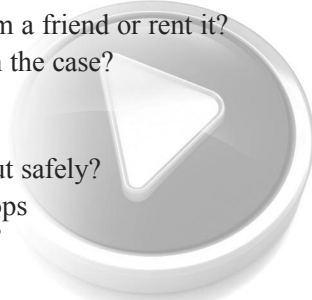
Describe a typical weeknight meal at home.

A bowl of soup followed by a main course of sautéed mixed vegetables (commonly carrots, cauliflower, brussel sprouts, peppers, and mushrooms), a side course of black beans (for the protein) and salsa (for the taste), and watermelon for dessert.

Before you hit play

Here are questions to ask when selecting an exercise DVD:

- Am I familiar with the instructor? Is the instructor certified?
- Before I buy it, can I borrow it from a friend or rent it?
- Are there hard-to-believe claims on the case? ("Lose 20 pounds in two weeks!")
- Does the DVD fit my needs?
- Do I have enough space to work out safely?
- Do I need special equipment or props (*steps, barbells, stretch rope, chair*)?
- How do I begin?
- Before you buy, you may also want to check your local library. Health Plus also has a library of DVDs that you can use in our facility. See a fitness associate for assistance. Feel free to bring your own DVDs to Health Plus to use in one of our studios when there are not classes in session.



Source: American Council on Exercise
Reviewed and commented on by Lori Cowan, Health Plus Group Fitness Coordinator

The Counseling Corner



Q: Dear Counselor,

I have been feeling down lately and can't seem to get out of this emotional pit. I know that most people feel sad sometimes, but I can't seem to "snap out of it."

How do I know if I'm really depressed? Do you think that I need to see a counselor?

Down in the Dumps

A: Dear Down,

You are correct that everyone feels "down" sometimes, but you sound as if the feelings you are having aren't temporary. Now is a good time to reach out and seek help. You may not be experiencing all of the symptoms of depression, but the list below identifies the most common ones. Symptoms of depression can fall into two categories:

Emotional: Constant sadness, feelings of guilt or hopelessness, irritability, or anxiety.

Physical: Sleep disturbance, lack of energy, weight gain or loss, and problems concentrating.

Get help **right away** if you experience **any** of the following, **especially if they are new or have gotten worse:**

- Thoughts of suicide
- Chronic/severe irritability
- Trouble sleeping/insomnia
- Chronic tearfulness
- No interest in activities you usually enjoy
- Sudden aggression or feelings of panic

Work-Life Connections-EAP offers a free, anonymous, online screening tool that you or a family member could take at: <http://worklifeconnections.vanderbilt.edu/service/on-line-screening>. If the symptoms indicate, the assessment might suggest you call Work-Life Connections-EAP for a confidential assessment. This is a benefit, at no cost to you. To make an appointment, call **936-1327**.

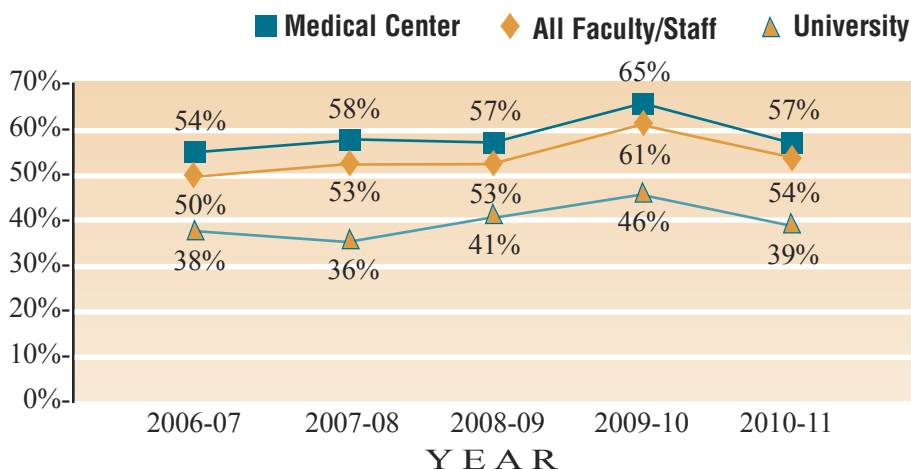
Janet McCutchen, LPC, CEAP,
Clinical Counselor, Work/Life Connections-EAP

health yourself

The Healthy Pulse

ON FACULTY AND STAFF AT VANDERBILT

More faculty and staff need flu protection



Why get a flu shot?

The best way to prevent the flu and prevent the spread of flu to others is by getting vaccinated each year.

When is the best time to get a flu shot?

The Centers for Disease Control and Prevention recommends that people get their seasonal flu vaccine as soon as the vaccine becomes available in their community, which can be as early as October and as late as May. Over the course of the flu season, many different influenza viruses can circulate at different times and in different places. As long as flu viruses are still spreading in the community, vaccination can provide a protective benefit.

Who should get vaccinated?

Everyone 6 months and older should get a flu vaccine each year. While everyone should get a flu vaccine each flu season, it's especially important that certain people get vaccinated — either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications.

Where to get vaccinated?

The best time to get vaccinated this fall is during the Flulapalooza event on October 12. Vanderbilt will be testing its mass vaccination plan while trying to break a Guinness World Record! Read more on the cover of this newsletter. Additionally, flu shots will be offered throughout the flu season, free of charge to faculty and staff on and off the main Vanderbilt campus. Visit <http://occupationalhealth.vanderbilt.edu> for a schedule of convenient locations.

Join Gilda's Gang 2012 and train to walk or run the Country Music Half Marathon



The Group Training Program begins Saturday, January 14 at 9 a.m. with a group run/walk followed by an open house and health fair for all interested participants.

PROGRAM INCLUDES:

- Free access to Vanderbilt Dayani Center
- Fitness specialists to lead run/walks on Saturday mornings
- Personalized program for all levels
- Discount for half marathon entry fee
- Firstgiving™ online fundraising tool
- Team shirt and hat, plus incentive gifts for fundraising

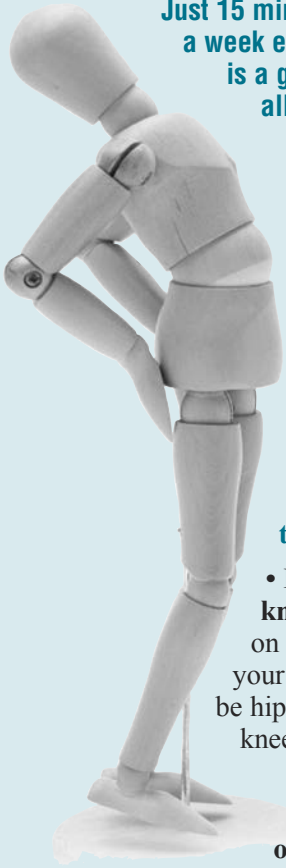
Gilda's Gang is a great way to *get fit and give back* to the men, women, and children in our community who are living with cancer. Each team member is asked to raise a minimum of \$750 to support the free programs at Gilda's Club. For more information, please contact Deb at Gilda's Club Nashville (329-1124) or email: deb@GildasClubNashville.org.

Informational sessions will be offered at Vanderbilt locations in December and January. Check the Health Plus Website for details at <http://healthplus.vanderbilt.edu>.

Sponsored by Health Plus, the Kim Dayani Center, and the Vanderbilt Ingram Cancer Center.

A backup plan

Just 15 minutes a day, three days a week exercising back muscles is a good investment in overall health.



It can strengthen back, neck, and shoulder muscles, making them less prone to injuries. It makes the back more flexible, increasing its endurance and range of motion. It relaxes the back and can reduce pain.

One simple stretch is the pelvic tilt

- **Lie on your back with knees bent**, your feet flat on the floor, and arms at your side. Your feet should be hip-width apart, with your knees slightly closer together than your feet.

- **Flatten the small of your back** against the floor, causing your hips to tilt forward.

- **Hold for five seconds.** Relax. Do five repetitions.

Smart stretching

- **Stretch slowly**; avoid sudden movements.
- **When you've stretched as far as you can comfortably**, hold the stretch for five seconds. Slowly return to your original position.
- **Breathe slowly and deeply.**
- **You should feel a mild tension**, but it shouldn't be uncomfortable.

If you have a prior back issue, talk to your health-care provider before starting a back exercise program.

Source: Carl H. Wierks, MD, physician for the U.S. Ski and Snowboard Teams

Reviewed by Heather Skaar, PT, Director — Outpatient Rehab Services, Vanderbilt Orthopaedic Institute

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 or 322-6689

Health n

Diabetes At-A-Glance

Diabetes, or a high level of blood glucose, can lead to serious health problems. It can affect children or adults. Type 1 diabetes requires insulin to control the blood sugar because the body cannot produce its own insulin. Individuals with Type 1 diabetes must take insulin their entire life for survival. Type 1 diabetes accounts for 5% to 10% of all diagnosed cases of diabetes.

Type 2 diabetes accounts for 90% to 95% of all diagnosed cases of diabetes. Type 2 diabetes requires diabetes medications or insulin therapy to control blood sugar. The number of people with Type 2 diabetes is on the rise — fueled largely by the increase in obesity. Statistics indicate Tennessee ranks third in the nation for prevalence of diabetes. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles. However, diabetes prevention and management are proven, possible, and powerful.

Warning signs for Type 2 diabetes

- Increased thirst
- Urinating frequently
- Blurry vision
- Feeling tired
- Losing weight without trying
- Sores that are slow to heal
- Losing feeling or tingling in the feet

Risk factors for Type 2 diabetes

- Obesity — BMI greater than 30
- Mother, father, or sibling with diabetes
- Member of a high-risk group (African American, Hispanic, Asian, or American Indian)

- Having a baby weighing more than 9 pounds, or having diabetes during pregnancy
- Blood pressure at or above 140/90 mm/Hg
- Abnormal blood fat levels

Health problems linked to Type 2 diabetes

- Seventh leading cause of death
- Cardiovascular disease is the leading cause of death among people with diabetes
- Leading cause of blindness in adults
- Leading cause of kidney failure
- Leading cause of non-traumatic amputations

For additional information contact the Vanderbilt Diabetes Center at <http://www.vanderbiltdiabetes.org>.

The Diabetes Center in partnership with Health Plus will offer complimentary non-fasting glucose screenings to faculty and staff at Hold the Stuffing stations in November. See page 6 of this newsletter for details.

Benefits Open Enrollment is October 1–14

Open Enrollment is **active** this year, which means all benefits-eligible employees need to make their benefit elections for 2012. Find all the resources you need, including an interactive eMagazine, Detailed Guide, Event Calendar, and FAQ on the Open Enrollment Website at <http://hr.vanderbilt.edu/oe>.

NUTRITION QUESTIONS?

Ask the Dietitian

Q: I love purchasing produce from local farmers' markets, but have trouble using it all before it goes bad. How can I keep my produce from spoiling?

A: You are not alone with this problem. On average, Americans throw away 25% of the fresh produce they buy due to spoilage. Fortunately, there are ways to prevent this. To get maximum flavor and nutrients out of your produce, follow these simple tips: plan ahead and decide which foods you want to eat fresh, freeze and eat, or cook and freeze.

Before going to the farmers' market, make a menu for the week, check your freezer space, make a list, and stick to it! Decide in advance which produce you plan to eat within a few days. Any

fruits or vegetables after that should fall into one of your two backup plans: freeze and eat, or cook and freeze.

Items such as blueberries, strawberries, and peaches are perfect fruits to freeze and eat. Simply rinse, chop as desired, and seal in an airtight container marked with the date. Take them straight from freezer to blender with your favorite low-fat yogurt for a delicious smoothie in minutes.

Some fresh vegetables such as kale, tomatoes, and onions may not freeze well alone, but when incorporated into

your favorite recipe and frozen for later use, taste just as amazing as the day you purchased them. Make a large batch of chicken vegetable soup so you can freeze the leftovers for a quick and delicious weeknight meal that will bring you and your family back to summer all year long!

Written by: Kristie Butler and Nicoletta Drilias, Vanderbilt Dietetic Interns for 2010 – 11.

Reviewed by: Dianne Killebrew, Coordinator of the Vanderbilt Dietetic Internship Program, MEd, RD

Resources:

Nashville Farmers Market

<http://www.nashvillefarmersmarket.org>

Eating-Well Recipe

Chicken Vegetable Soup with Kale

8 tsp. olive oil
2 cups fresh onion, chopped
2 cups carrots, chopped
4 tsp. ground thyme
8 medium garlic cloves, minced
8 cups cold water or chicken broth
3 cups fresh tomatoes, chopped
4 cups chicken breast, diced
2 cups brown rice, cooked
8 cups kale, chopped

1. Heat oil in a medium sauce pan. Add onion and carrots. Sauté until vegetables are tender, about 5 – 8 minutes. Add thyme and garlic. Sauté for one more minute.

2. Add water or broth, tomatoes, cooked rice, chicken, and kale. Simmer for 5 – 10 minutes.

Serves 12: 185 calories, 6 g total fat, 1 gram saturated fat, 17 g carbohydrates, 3 g fiber, 15 g protein, 58 mg sodium.

Source: <http://www.dlife.com/diabetes/diabetic-recipes>

Halloween safety

Children look forward to getting dressed up to go trick or treating and are probably not thinking much about Halloween safety issues. Parents need to keep safety in mind when choosing costumes, decorations, and treats for this night. By following these tips, you are taking steps to ensure that everyone will have a safe and fun time:

- A costume should be large enough that it fits over the child's regular clothing, but not so long that a child will trip over it. Make sure the shoes fit well and choose costumes that are bright and reflective.
- Encourage children to wear makeup instead of a mask, since makeup won't impair their vision.
- Be certain that flashlights have fresh batteries for all children and their escorts.

- Turn on the outside lights on Halloween night so that trick-or-treaters know they are welcome. Remove any objects from the front entrance they may trip over.

- Unwrapped treats or treats with damaged packaging may not be safe to eat and should be thrown away.

By keeping Halloween a fun, safe, and happy holiday for you and your kids, you'll look forward to many happy years of Halloween fun!

take care

Keep the holiday weight gain on hold with Hold the Stuffing!

Health Plus invites you to control holiday weight gain by joining the yearly Hold the Stuffing challenge to maintain weight from Thanksgiving through the new year. A total of 854 people completed the program in 2010 and 530 people lost or maintained their weight, with an average weight loss of 2.8 pounds!

To participate, simply weigh in at one of the Hold the Stuffing weigh-in stations the week before Thanksgiving (November 14 – 19) and the week after New Year's (January, 2012). Succeed by maintaining your weight within two pounds.

Vanderbilt off-site locations: Call Health Plus at **343-8943** to receive a "Do Your Own Hold the Stuffing" tool kit and stay connected to the fun.

Initial Weigh-ins: November 14 – 19

• Monday, November 14

10 a.m. – 2 p.m. Light Hall, North Lobby*
11 a.m. – 1 p.m. Peabody Library, Room 202

• Tuesday, November 15

11 a.m. – 2 p.m. Baker Building, room 850

• Wednesday, November 16

7 a.m. – 1 p.m. Courtyard Café,
Dining Room
10 a.m. – 2 p.m. One Hundred Oaks*,
1st Floor Conference Room



• Thursday, November 17

11 a.m. – 2 p.m. Crystal Terrace, Room 201
10 a.m. – 2 p.m. Preston Research Building, Lobby

• Friday, November 18

10 a.m. – 2 p.m. Monroe-Carell Jr. Children's Hospital at Vanderbilt,
Room 2104
11 a.m. – 2 p.m. Godchaux Hall, Room 165*

• Monday – Friday, November 14 – 18

5 a.m. – 9 p.m. Health Plus, Kensington Garage, Club Level

• Saturday, November 19

8 a.m. – 2 p.m. Health Plus, Kensington Garage, Club Level

Throughout the challenge additional weigh-ins are available at Health Plus during all hours of operation. Final weigh-ins will be posted in the December/January 2011 *Connection* newsletter and on the Health Plus Website at <http://healthplus.vanderbilt.edu>.

*These locations will offer a non-fasting glucose (blood sugar) screening in partnership with the Vanderbilt Diabetes Center.

WHAT DO YOU HAVE TO LOSE?

The Vanderbilt Nutrition Clinic announces a weight management program that will help you gain knowledge and motivation and includes 6 months of individualized support with a registered dietitian trained in weight management and personal training. Learn more about this and other opportunities to manage a healthy weight at <http://healthplus.vanderbilt.edu>.

Quit smoking for 24 hours or encourage someone who does on November 17

The Great American Smokeout is a national event to encourage all smokers to kick the cigarette smoking habit for at least 24 hours. Faculty/Staff Health & Wellness will provide tool kits to help with stopping smoking at Health Plus, the Occupational Health Clinic, Work/Life Connections-EAP, the Child Care Centers, and at other designated places on the Vanderbilt campus. Call **343-8943** or email health.plus@vanderbilt.edu to have a goodie bag sent to your campus address.

For a variety of self help resources, medical resources, and support resources visit the Health and Wellness Website at <http://healthandwellness.vanderbilt.edu/article/tobacco-cessation-resources>.

“If your dog is fat, you’re not getting enough exercise.”

— Author Unknown

family health

OHC TALK:

OBSTRUCTIVE SLEEP APNEA: FROM “A” TO “Zzzzzzzz...”



Lori Rolando, MD, MPH, Assistant Medical Director for the Occupational Health Clinic talks with Beth Malow, MD, Professor of Neurology and Director of the Vanderbilt Sleep Disorders Center

Experts say we should get an average of 7–8 hours of sleep per night as part of a healthy lifestyle. However, just as important as amount of sleep we get is the quality of that sleep, and for individuals with Obstructive Sleep Apnea (OSA), a “good night’s rest” is often anything but. Unfortunately, people often don’t realize they have sleep apnea. Dr. Malow notes that “a high proportion of patients with OSA are not diagnosed”. Knowing some basic facts can help you identify whether you or a loved one may be suffering from the condition and whether evaluation and treatment may be needed.

1. Individuals with sleep apnea actually have multiple episodes throughout the night in which they stop breathing (or breathe very shallowly) for short periods of time. This causes poor, often restless, sleep patterns.
2. It’s not always “just snoring”: In addition to loud snoring, signs and symptoms of sleep apnea include daytime drowsiness, poor concentration, irritability, morning headaches, and a gasping or choking sensation that wakes you up from sleep.
3. Anyone can be at risk. While certain factors, such as obesity, male gender, a large, thick neck, and smoking can increase your risk of developing OSA, Dr. Malow cautions that those individuals are not the only ones at risk. “You don’t have to be obese or male to have OSA. Thin women can have it, as can athletic sports players. It often is inherited, such as a narrow airway, in these individuals.”
4. People with sleep apnea are also at increased risk of accidents, such as car accidents, because their daytime sleepiness decreases awareness and reaction time.
5. Diagnosis of sleep apnea includes a sleep study, which monitors the number of times you slow or stop breathing throughout the night.
6. Treatment often initially involves wearing a “CPAP” machine — a machine that provides pressure to keep your airway open at night to prevent you from stopping breathing. Severe cases may require surgery.

Most importantly, diagnosis and treatment of OSA is necessary because people with sleep apnea are at increased risk for long-term health issues. As Dr. Malow notes, OSA is associated with obesity, hypertension, and diabetes among other diseases. “Treating OSA is an opportunity to improve overall health.” And that’s definitely news that can help you rest easier!

Holiday budgeting tips

- **Develop a budget** — Decide how much you’ll spend for gifts, travel, entertaining, shipping, etc. Aim to spend no more than 1.5% to 2% of your annual gross income (\$750 to \$1,000 if you earn \$50,000).
- **Make a list** — Identify everyone to whom you’ll give gifts. Divide your gift budget among them.
- **Research prices** — Review newspaper circulars, television ads, store mailers, and Websites. Follow merchants on Twitter and Facebook to learn about deals.
- **Track spending** — Keep a running total of purchases so you don’t lose track and overspend.
- **Give non-cash gifts** — Gift a service, such as gardening or home-baked desserts, to elderly relatives who don’t need any “stuff.”
- **Consider gift cards** — After-holiday clearance sales are plentiful. Gift recipients will get more for your money.
- **Save to spend** — You have about eight weeks between mid-October and the week before Christmas. Need \$400 for the holidays? “Find” \$50 a week by increasing income and/or reducing expenses.
- **Consider opening a Vanderbilt University Credit Union Christmas Club account** — The Christmas Club runs from November 1 to October 31 of each year and has over 1700 participants that save over \$1.6 million annually. Faculty and staff can save through payroll deduction, making it easy to do.

Reviewed and commented on by Michael W Bittle, CEO, Vanderbilt University Credit Union

Vanderbilt Health & Wellness
Vanderbilt University
2201 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:

October 20, noon to 1 p.m.
Caring for Your Newborn
Alice Rothman, MD,
Vanderbilt Pediatrics
Location: 407 Light Hall

November 17, noon to 1 p.m.
Nutrition: Eating for Two
Marilyn Holmes, MS, RD, LDN,
Manager Health Plus
Location: 407 Light Hall

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

Health Plus Group Fitness News to Know...

■ **Can't get enough Zumba?** The Monday night 6:15 – 7:15 p.m. Fitness through Dance class in Studio 1 will be Zumba for October, November, and December! Come try out the newest Zumba instructor, Casey Jones.

■ **Mind and body relaxation with early morning Tai Chi.** Join Lijun Ma, MD, PhD, Research Associate Professor of Pathology every Monday and Friday at 6:30 a.m. for a 45-minute Tai Chi class. Tai Chi is an ancient Chinese approach to achieving mind and body relaxation through balance, strength, and flexibility. The class meets in Studio 1 at Health Plus, however on a nice day the class may go out on the balcony or to the grassy area outside.



The World Tai Chi Day celebration in Nashville's Dragon Park.

■ **Track class boosts running performance.** Join personal trainer, Johnny Pryor for a running class Tuesdays and Thursdays from 12:20 – 1:20 p.m. at the Student Recreation Center Track. These classes are great for getting your heart pumping! They are tough, but beginners are welcome to join in and take it at your own pace. If you want to get started running or want to beat your current race time, this is the class for you.

■ **New Fall Schedule!** Check out the new fall schedule on the Health Plus Website at <http://healthplus.vanderbilt.edu> or pick up a copy at Health Plus.

There is no need to sign up for classes, just show up! All classes are FREE for Vanderbilt full-time and part-time regular faculty and staff. Unless otherwise indicated, all classes are held at Health Plus.

For details, call Group Fitness Coordinator Lori Cowan at 343-6576, or contact her at lori.l.cowan@vanderbilt.edu.

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, MAcc, CPA, Health & Wellness Administration