



Volume 1, Issue 1

The Wellness Quarterly, Fall 2009

Peralta Community College - A community of wellness

Peralta Launches Wellness Program during the Benefits Fair on October 20, 2009 - Celebrate Health!

**Check out the 2010
Peralta Wellness
Calendar!**

**Save the Dates
for Quarterly Wellness
Activities**

January 19.... Alameda
March 25.....Berkeley
August 19.....Merritt &
Laney
October 19.... District
Dates Tentative

**Wellness website
under construction**
Have ideas? Email them
to cburdick@peralta.edu

Join the Peralta community in celebrating wellness in 2010.

The Peralta Wellness Team is launching exciting opportunities and offering valuable suggestions to help promote wellness among faculty, staff and retirees of Peralta.

During the 2010 calendar year, the District will partner with each campus to bring unique events. Food & fitness will be at the core of our activities. Look forward to:

- Campus based-quarterly activities during Professional Development Day
- Noon-hour group exercise soul chi, yoga & aerobics
- Celebrity chef cooking demonstrations and more!
- Email suggestions to: cburdick@peralta.edu

We hope to empower you with opportunities for you to manage your health with available resources.

What can you do for yourself?

1. Get tested! Early detection is the key to managing diabetes, high blood pressure, cancer and more.
2. Join a District physical education class for free! If you are an employee, start an exercise group of your own or walk around your campus for exercise!
3. Join a health club. Club One, 24 Hour Fitness and Mariners Square offer employee/retiree discounts!
4. Take a health risk assessment. Use a trusted website where your information is kept confidential:
www.webmd.com
www.kaiserpermanente.org
www.coresource.com
5. Explore wellness programs through insurance carriers or medical groups (smoking cessation, diabetes, weight management., etc.)

Check with your professional medical resources when developing your wellness plan.

Next issue: Diabetes



**Check the Calendar of Wellness to
keep yourself on track in the
coming year.**

Your 2010 Wellness Team

Office of Risk Management
Benefits Office
District Administrators
PCCD Business Partners



October is Breast Cancer Awareness Month

What do movie star, Richard Round tree (Shaft), sitcom star, Christina Applegate (Married with Children) and former First Lady Betty Ford have in common?

They are all breast cancer survivors. **Get tested!**

Did you know that ...

...almost 500 men in the United States die will die from breast cancer?

...Breast cancer is the 2nd leading cause of cancer deaths among women?

...In 2007, there were 178,480 breast cancer diagnoses; leading to 40,460 deaths?

Food, fitness and early detection are the key. **Get tested!**

Visit the American Cancer Society website for more information: www.cancer.org

Citations: Wikipedia breast cancer survivors, Wikipedia.com

