



Wellness World

Welcome New Clients!

Clinical Outcomes Group, Inc. (COGI) would like to take this opportunity to say “Thank You!” and recognize the following companies for partnering with COGI during the last quarter to offer Workplace Wellness services to their employees:

AIDS Resource / West House	Bradford County CareerLink	Centre County Careerlink
Clinton County CareerLink	ClearVision	CONCERN Lifeskills Institute
Commonwealth Health College	Geisinger Health Systems	La Sa Quik
Lycoming Mall	Potter County CareerLink	PPL– Washingtonville Plant
Sayre Public Library	Spectrum Control	Sullivan County CareerLink
Tioga County CareerLink	Tioga YMCA	

High Blood Pressure and Cholesterol: Out of Control In US

Every 39 seconds, an adult dies from a cardiovascular disease such as a heart attack or stroke. Cardiovascular disease claims the lives of more than 800,000 adults each year, 150,000 of whom are under the age of 65. Learn what you can do to reduce your risk

For American Heart Month, the February edition of CDC *Vital Signs* focuses on cardiovascular disease and what we can do to increase control of high blood pressure and cholesterol -- reducing the number of heart attacks, strokes, and other cardiovascular diseases in the United States.

Highlights from the report

- Cardiovascular diseases kill more than 800,000 adults in the US each year. Of these, 150,000 are younger than age 65
- 68 million US adults have high blood pressure.
- 71 million US adults have high LDL cholesterol.
- Nearly 2 out of 3 adults with high LDL cholesterol and about half of

adults with high blood pressure don't have their condition under control.

- Having health insurance is not sufficient to achieve the control
- Improvements in the way health care is delivered in the US are needed.

Common, Deadly and Preventable

Cardiovascular disease is the leading cause of death in the US. Two main reasons people have cardiovascular disease, such as heart disease or stroke, are high blood pressure and cholesterol, which are common, deadly and preventable. 68 million US adults have high blood pressure and 71 million US adults have high cholesterol. Far too few people have these conditions under control, even if they have health insurance. In fact, more than 80% of people who don't have their high blood pressure or cholesterol under control already have health insurance, indicating that for most patients, health insurance is not sufficient to achieve control. Clinical services that detect and help control high blood pressure or cho

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April is National Alcohol Awareness Month

An estimated 709,000 youths age 12 to 14 currently drink alcohol in the U.S. – many get alcohol from family or home

More than 100,000 get it from a parent or guardian. A new study by the Substance Abuse and Mental Health Services Administration (SAMHSA) indicates that 5.9 percent of adolescents aged 12 to 14 drank alcohol in the past month and that the vast majority of them (93.4 percent) received their alcohol for free the last time they drank. About 317,000 (44.8 percent) 12 to 14 year olds who drank in the past month received their alcohol for free from their fami-

ly or at home. This includes 15.7 percent (or an estimated 111,000) who were provided alcohol for free by their parents or guardians.

"People who begin drinking alcohol before the age of 15 are six times more likely than those who start at age 21 and older to develop alcohol problems. Parents and other adults need to be aware that providing alcohol to children can expose them to an increased risk for alcohol abuse and set them on a path with increased potential for addiction," said SAMHSA Administrator Pamela S. Hyde, J.D.

SAMHSA Data Spotlight: Young Alcohol Users Often Get Alcohol from Family or

Home is based on the combined data from SAMHSA's 2006 to 2009 National Surveys on Drug Use and Health (NSDUH) and involves responses from more than 44,000 respondents ages 12 to 14. NSDUH is a primary source of information on national use of tobacco, alcohol, illicit drugs (including non-medical use of prescription drugs) and mental health in the United States. The survey is part of the agency's strategic initiative on behavioral health data, quality and outcomes. A copy of the report is accessible at: <http://oas.samhsa.gov/spotlight/Spotlight022YouthAlco->

[hol.pdf](http://www.stopalcoholabuse.gov/)

For the latest information about the public health risks of alcohol misuse one can go to <http://www.stopalcoholabuse.gov/>. This site provides updated information about the risks, such as drunk driving, as well as new and effective prevention strategies and activities. Another SAMHSA Web site (<http://www.samhsa.gov/prevention/>) provides comprehensive information about SAMHSA's substance abuse prevention research, support and public outreach activities.

Source: www.samhsa.gov

May is National Physical Fitness and Sports Month

Get Motivated!

Benefits of Fitness

The human body was designed for activity, and by exercising regularly you'll look and feel better—every day.

Remember fitness is about improving muscular strength and endurance, cardiorespiratory strength and endurance, and flexibility through regular physical activity. That even includes things like walking the dog, folding the laundry, or playing with the kids.

Why is Staying Active So Important?

Because the results are amazing:

A HEALTHY HEART

Regular physical activity can lower your blood pressure and cholesterol levels and can reduce the risk of illnesses such as type 2 diabetes or heart disease.

STRONG BONES

Exercise is necessary to build strong, healthy bones and can help slow the bone loss associated with getting older.

A SENSE OF WELL-BEING

Being in good shape can give you more energy, reduce anxiety and depression, improve self-esteem, and help you better manage stress.

A GOOD SOCIAL LIFE

Staying active is a great way to have fun, make new friends, and spend quality time with family.

LOOKING AND FEELING BETTER

You look better when you're in shape. Staying active helps you tone muscles and maintain a healthy weight—and can even improve your posture.

Get Started—Right Now!

If you're reading this, you're already on your way to a healthier you. Now, just do a little follow-through. Create an account with the President's Challenge, and then choose a challenge. It doesn't matter if you're new to physical activity or an Ironman competitor—we have a program for you.

The time is now. You'll notice the difference right away, in your body and your mind.

SOURCE:

<http://www.presidentschallenge.org/motivated/benefits.shtml>



April is National Minority Health & Health Disparities Month

Examples of Important Health Disparities

Racial and Ethnic

In 2006, African Americans had the highest age-adjusted all-causes death rate of all races/ethnicities. In addition, African Americans had the highest age-adjusted death rate for heart disease, cancer, diabetes, and HIV/Aids.⁶

In 2007, non-Hispanic black persons 18 years of age and over were less likely than non-Hispanic white persons to have received a flu shot during the past 12 months. (Non-Hispanic black 38.1%; Non-Hispanic White 49.9%)⁶, and were also less likely to have ever received a pneumococcal vaccination (Non-Hispanic black 43.7%; Non-Hispanic White 60.1%)⁷

According to the U.S. Census, blacks make up approximately 13.5% of the U.S. Population² However, in 2007, blacks accounted for 21,754 (51%) of the estimated 42,655 new HIV/AIDS diagnoses in the United States in the 34 states with long-term, confidential name-based HIV reporting.⁸

In 2008, African American Adults were almost 4 times as likely to be obese* as Asian

Adults, (African American 36.1%, White 26.5%, Asian American 9.4%)⁹ African American women were particularly impacted with 42.1% of African American women 18 years of age and over obese in 2008⁹.

Systemic Lupus Erythematosus (SLE) is three times more common in Black women than in White women. Black and Hispanic/Latina women tend to develop symptoms at an earlier age than other women. African Americans have more severe organ problems, especially with their kidneys.¹⁰

REFERENCES

2. U.S. Census Bureau, Facts for Features: Black (African-American) History Month: February 2010
6. Centers for Disease Control and Prevention (CDC) National Center for Health Statistics (NCHS) Health United States, 2008. Table 87, updated Nov. 2009.
7. Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Health United States 2008 Table 88, updated Nov 2009.
8. CDC Fact Sheet: HIV/AIDS Among African Americans updated 8/25/09
9. CDC Vital Health Statistics, Services 10, No 242. December.2009. Summary Health Statistics for U.S. Adults, National Health Interview Survey 2008 Table 31
10. OMHD Lupus Fact-sheet, HHS, National Woman's Health Information Center (NNWHC) Minority Women's Health, Lupus, November 2006.

Source: <http://www.cdc.gov/omhd/Highlights/Highlight.htm>

Table 1:
2006 Age-Adjusted Death Rates for Selected Causes of Death, per 100,000 Population

	All Populations	African Americans	Asian Americans & Pacific Islanders
All Causes	776.5	982.0	428.6
Heart Disease	200.2	257.7	108.5
Cancer	180.7	217.4	106.5
Diabetes	23.3	45.1	15.8
Unintentional Injury	39.8	38.3	16.9
HIV Disease	4.0	18.6	0.6

Source: [Health, United States, 2008](#) Table 28, updated Nov 2009.

April is National Humor Month - Have a Few Laughs

With Regular Use - - Mel Roberts

When asked her opinion on punctuality, an applicant for an office job assured me she thought it was extremely important. "I use periods, commas, and question marks all the time," she said.

Miscellaneous - - Bonnie Jones

I was in the express lane at the store quietly fuming. Completely ignoring the sign, the woman ahead of me had slipped into the checkout line pushing a cart piled high with groceries. Imagine my delight when the cashier beckoned the woman to come forward, looked into the cart and asked sweetly. "So which six items would you like to buy?"

Breaking Up - - Sarah Blodgett

You know you are dating the wrong guy when your friend steals your boyfriend and all you can think is, What does she see in him?



Source: www.readersdigest.com Laughs

May is Older Americans Month



Safe and Healthy Travel for Seniors

The retirement years can be an exciting time to see the world, and travel is easier and safer than ever before for seniors. With a little planning and some caution, seniors can safely visit almost any destination.

All travelers, including seniors, should see a doctor for a pre-travel visit, ideally 4–6 weeks before they travel, although even a last-minute visit can be helpful. The doctor should be told about illnesses the traveler has and medicines he or she is taking, since this will influence medical decisions. In addition to providing vaccines, medicine, and advice for keeping healthy, a doctor can conduct a physical exam to assess a senior's fitness for travel. Seniors should consider their physical limitations when planning a trip. Seniors with heart disease, for example, might choose an itinerary that does not involve strenuous activities. Seniors may also have a hard time recovering from jet lag and motion sickness, so they should take these factors into account when planning a trip.

Before travel, seniors should have information about their destination that could affect their health, such as the altitude and climate. They should be aware of whether the destination is prone to natural disasters,

such as earthquakes and hurricanes, since seniors may have more problems in those extreme situations.

Vaccines



Before travel, seniors should be up-to-date on routine vaccines, such as measles/mumps/rubella and seasonal flu. Some of these may be considered "childhood" vaccines, but their protective effect decreases over time, and the diseases they protect against are often more common in other countries than in the United States. More than half of tetanus cases are in people over 65, so seniors should consider getting a tetanus booster before they travel.

Seniors should also receive other vaccines recommended for the countries they are visiting. These may include vaccines for hepatitis, typhoid, polio, or yellow fever. Recommended vaccines are listed by country on CDC's [destination pages](#).

Use of some vaccines may be restricted on the basis of age or chronic illnesses. Yellow fever vaccine, for example, should be given cautiously to people older

than 60 years, and it should not be given at all to people with certain immune-suppressing conditions. Seniors should discuss their detailed travel plans with their doctors and, if necessary, alternatives to vaccination.

Medication

A doctor may prescribe medicine for malaria, altitude illness, or travelers' diarrhea; seniors should make sure the doctor knows any other medications they take, to watch out for possible drug interactions. Travelers' diarrhea is common and may be more serious in seniors, so seniors should also follow [food and water precautions](#).

In addition to medicine prescribed specifically for travel, seniors are likely to take other medicines regularly, such as medicines for high blood pressure, diabetes, or arthritis. They should plan to pack enough medicine for the duration of the trip, plus a few days' extra in case of travel delays. [Counterfeit drugs](#) may be common overseas, so seniors should take only medicine they bring from the United States.

Prescription medicine should always be carried in its original container, along with a copy of the prescription, and all medicine should be packed in carry-on luggage, in case checked luggage gets lost.

Injury Prevention



Although exotic infections make the headlines, injury is the most common cause of preventable death among travelers. Seniors can minimize their risk of serious injury by following these guidelines:

- Always wear a seatbelt.
- Don't ride in cars after dark in developing countries.
- Avoid small, local planes.
- Don't travel at night in questionable areas.

In addition, seniors should consider purchasing supplemental [travel health insurance](#) in case of injury or illness overseas. Many health plans, including Medicare, will not pay for services received outside the United States. Seniors who are planning travel to remote areas should consider purchasing evacuation insurance, which will pay for emergency transportation to a qualified hospital.

For more information on healthy travel, visit www.cdc.gov/travel.

Source: <http://www.cdc.gov/Features/SeniorTravel/>

May is Correct Posture Month

Tips to Maintain Good Posture

We often hear that good posture is essential for good health. We recognize poor posture when we see it formed as a result of bad habits carried out over years and evident in many adults. But only few people have a real grasp of the importance and necessity of good posture.

Why is good posture important?

Good posture helps us stand, walk, sit, and lie in positions that place the least strain on supporting muscles and ligaments during movement and weight-bearing activities.

Correct posture:

- Helps us keep bones and joints in correct alignment so that our muscles are used correctly, decreasing the abnormal wearing of joint surfaces that could result in degenerative arthritis and joint pain.
- Reduces the stress on the ligaments holding the spinal joints together, minimizing the likelihood of injury.
- Allows muscles to work

more efficiently, allowing the body to use less energy and, therefore, preventing muscle fatigue.

- Helps prevent muscle strain, overuse disorders, and even back and muscular pain.

Several factors contribute to poor posture—most commonly, stress, obesity, pregnancy, weak postural muscles, abnormally tight muscles, and high-heeled shoes. In addition, decreased flexibility, a poor work environment, incorrect working posture, and unhealthy sitting and standing habits can also contribute to poor body positioning.

How do I sit properly?

- Keep your feet on the floor or on a footrest, if they don't reach the floor.
- Don't cross your legs. Your ankles should be in front of your knees.
- Keep a small gap between the back of your knees and the front of your seat.
- Your knees should be at or below the level of your hips.
- Adjust the backrest of your chair to support your low- and

mid-back or use a back support.

- Relax your shoulders and keep your forearms parallel to the ground.
- Avoid sitting in the same position for long periods of time.

How do I stand properly?

- Bear your weight primarily on the balls of your feet.
- Keep your knees slightly bent.
- Keep your feet about shoulder-width apart.
- Let your arms hang naturally down the sides of the body.
- Stand straight and tall with your shoulders pulled backward.
- Tuck your stomach in.
- Keep your head level—your earlobes should be in line with your shoulders. Do not push your head forward, backward, or to the side.
- Shift your weight from your toes to your heels, or one foot to the other, if you have to stand for a long time.

What is the proper lying position?

- Find the mattress that is right for you. While a firm mattress is generally recommended, some people find that softer mattresses reduce their back pain. Your comfort is important.
- Sleep with a pillow. Special pillows are available to help with postural problems resulting from a poor sleeping position.
- Avoid sleeping on your stomach.
- Sleeping on your side or back is more often helpful for back pain.
- If you sleep on your side, place a pillow between your legs.
- If you sleep on your back, keep a pillow under your knees. Your doctor of chiropractic can assist you with proper posture, including recommending exercises to strengthen your core postural muscles. He or she can also assist you with choosing proper postures during your activities, helping reduce your risk of injury.

Source:http://www.acatoday.org/content_css.cfm?CID=3124

Continued from Page 1— High Blood Pressure and Cholesterol

lesterol are not being delivered to all those in need. Improvements in the way health care is delivered are needed in order to achieve greater levels of control.

What Can Be Done

This issue of CDC Vital Signs includes direct calls to action

for:

Policymakers at all levels to develop programs and policies that will increase effective prevention and chronic disease management strategies and champion policies to reduce salt and eliminate artificial trans-fats in the nation's food supply.

Health care providers to work with their patients to manage these conditions at every opportunity. Further, these providers should use current guidelines and technology so patients get the follow up care they need and providers get feedback on their performance

Individuals to make healthy lifestyle choices, such as eating a healthy diet, daily physical activity, and not smoking. People also should follow their doctors' instructions and stay on their medications to control their blood pressure and cholesterol.

Source: <http://www.cdc.gov/Features/Vi->

April is National Sexual Assault Awareness Month

Male Sexual Assault

Men and boys are also the victims of the crimes of sexual assault, sexual abuse, and rape. In fact, in the U.S., over 10% of all victims are male.²

Male survivors and others affected by sexual violence can receive free, confidential, live help through RAINN's National Sexual Assault Hotlines, 24/7. Call 1.800.656.HOPE to be connected to a local rape crisis center in your area, or visit the National Sexual Assault [Online Hotline](#) to get live help in an instant messaging format..

Stereotypes and Myths

There are various stereotypes and myths that impact male survivors' ability to face their sexual assault. These include:

- ⇒ Men are immune to victimization.
- ⇒ Men should be able to fight off attacks.
- ⇒ Men shouldn't express emotion.
- ⇒ Men enjoy all sex, so they must have enjoyed the assault.
- ⇒ Male survivors are more likely to become sexual predators.

These stereotypes and myths can then lead to certain results for male victims of sexual assault, including:

- ◆ Dramatic loss of self-esteem
- ◆ Belief in their masculinity
- ◆ Self-blame
- ◆ Feelings of shame, guilt, anger
- ◆ Feelings of powerlessness, apprehension, withdrawal, and embarrassment
- ◆ Fears that they won't be able to protect and support their families
- ◆ Sexual difficulties
- ◆ Self-destructive behavior (drinking, [drug use](#), aggression)
- ◆ Intimacy issues
- ◆ Questioning of sexual identity

Barriers

Male survivors of sexual assault also may experience certain barriers to seeking support or services, either from friends and family or from organizations and institutions.

Support

It can be difficult for men to seek help for fear of how others will judge them.

Responses from friends and family can be damaging or un-supportive.

Safety

Threats to the victim of a sexual assault or his family may have been made by the perpetrator. This may cause him to keep silent.

In institutions, he may be forced to keep silent through implied and real threats both by the perpetrator and/or by others within the institution.

Privacy

He may resist [reporting](#) the sexual assault due to the need to repeat the story over and over again to police, to prosecutors, and in court.

He may be unwilling to share details of the assault in order to protect his family from societal judgment.

Self-blame

He may blame himself for the attack because he was not able to fight the aggressor off.

He may think that the assault was not rape because he became sexually aroused during the attack (i.e., he had an erection or ejaculated). This is a normal physiological reaction, NOT a sign of enjoyment.

Aftermath

Male survivors of sexual assault may experience a variety of effects that have an impact on their well-being.

Psychological

Sense of self and concept of "reality" are disrupted

Profound anxiety, depression, fearfulness, and identity confu-

sion

Development of phobias related to the assault setting

Hypochondriacal symptoms (imaginary ailments)

Paranoia and obsessive fear of bodily harm

Withdrawal from interpersonal contact and a heightened sense of alienation

Stress-induced psycho-physiological reactions

Psychological outcomes can be severe for men because men are socialized to believe that they are immune to sexual assault and because societal reactions to these assaults can be more isolating and stigmatizing.

Heterosexual Men

He may experience "homosexual panic"- a fear that the assault will make him "become homosexual."

He may feel that he is less of a man.

Homosexual Men

He may feel that he is being "punished" for his sexual orientation.

He may fear that he was targeted as a member of the homosexual community. This fear may lead him to withdraw from that community.

He may develop self-loathing related to his sexual orientation.

Relationships / Intimacy

Relationships may be disrupted by the assault.

Relationships may be disrupted by other's reactions to the assault such as a lack of belief/support.

Relationships may also be disrupted by the victim's reactions to the assault.

Emotional

Anger about the assault can lead to hostility.

Similarly, the overwhelming emotions that come with surviving a sexual assault can lead to emotional withdrawal.

Other Organizations

[lin6](#)

If you or someone you know has been affected by sexual violence, it's not your fault. You are not alone. Help is available 24/7 through the National Sexual Assault Hotlines (800.656.HOPE and [online.rainn.org](#)).

References

This section was adapted from materials provided by the [Texas Association Against Sexual Assault](#).

U.S. Department of Justice. *2003 National Crime Victimization Survey*. 2003.

Source: [www.rainn.org](#)



June and July are Fireworks Safety Months

Enjoy Fireworks Safely
More U.S. fires are reported on Independence Day than on any other day, and fireworks account for half of those fires, more than any other cause. In fact, more than 30,000 fires are reported during a typical 4th of July, resulting in anywhere from 7,000-10,000 injuries. Most injuries are to the head, eyes, hands and legs and 40 percent of fireworks injuries occur among children under age 15. Nothing ruins a holiday

more than a trip to the emergency room. Follow our tips below to make sure your Fourth of July celebration is a safe one.

- * Leave fireworks to the pros.
- * The safest way to enjoy fireworks is to attend a public display conducted by trained professionals.
- * After the fireworks display, children should never pick up fireworks that may be left over,

they may still be active.

- * Do not allow young children to play with fireworks under any circumstances.
- * Sparklers, considered by many the ideal "safe" firework for the young, burn at a temperature of more than 1,200 degrees Fahrenheit. This is hot enough to cause third-degree burns.
- * Children cannot understand the danger involved and cannot act

appropriately in case of emergency.

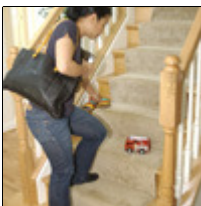
- * Observe local laws
- * Leave fireworks to the professionals
- * Don't use or experiment with homemade fireworks.

Source:
http://www.homesafetycouncil.org/SafetyGuide/sg_fireworks_w001.asp

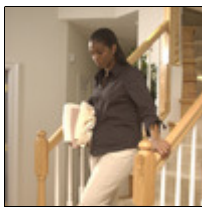
June is National Home Safety Month

Spring Cleaning the Safe Way

In the spring, people often like to clean their homes. It's a great thing to do! But it's important to stay safe while you're doing it, especially from falls and poisoning – two of the top causes of home injuries.



When cleaning out closets or re-organizing things, always keep stairs, steps, landings and all floors clear.



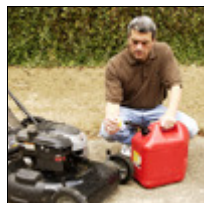
Carry loads you can see over, and keep one hand free to hold banisters and railings.



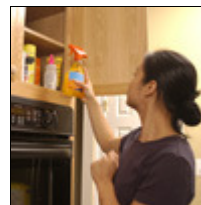
Five gallon buckets are often used while cleaning and present a serious drowning danger to young children. Never leave a bucket or any standing water unattended and store buckets empty and upside-down.



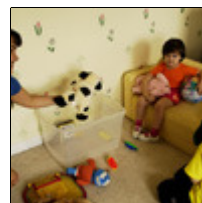
Follow safety recommendations when using harsh products, such as wearing gloves and masks. Do not mix products together because their contents could react with dangerous results.



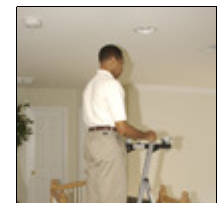
Never use gasoline to clean something and never use or store gasoline in your home, even in tiny quantities. Gasoline vapors can explode with just a spark. If you must keep some, use a special safety container. Store it in an outside shed.



When you clean out your cabinets, look at the labels on the products. If you see the words "Caution," "Warning," "Danger," "Poison," or "Keep Out of Reach of Children," be very careful. These products should be locked up when you are not using them.



Remember to put things away so people cannot trip on them. Safely tuck away telephone and electrical cords out of walkways. In homes with children, make sure toys and other items are always safely put away when not in use.



If you need to climb to clean something, use a stepladder or ladder. When using a ladder, stand at or below the highest safe standing level. For a stepladder, the safe standing level is the second rung from the top, and for an extension ladder, it's the fourth rung from the top. Before using, make sure the rungs are dry.

Source:
http://www.homesafetycouncil.org/SafetyGuide/sg_spring_w001.asp

► April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- National Alcohol Awareness Month
- National Cancer Control Month
- National Child Abuse Prevention Month
- National Counseling Awareness Month
- National Donate Life Month
- Stress Awareness Month
- National Humor Month
- National Minority Health & Health Disparities Month
- National Occupational Therapy Month
- National STDs/Family Planning Awareness Month
- National Youth Sports Safety Month
- Sexual Assault Awareness Month

► May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

- Asthma & Allergy Awareness Month
- Better Sleep Month
- Clean Air Month
- Correct Posture Month
- Healthy Vision Month / UV Safety
- Hepatitis Awareness Month
- Huntington’s Disease Awareness Month
- National Arthritis Month
- National Bike Month
- National High Blood Pressure Education Month
- National Melanoma / Skin Cancer Awareness Month
- National Mental Health Month
- National Osteoporosis Awareness Prevention Month
- National Physical Fitness & Sports Month
- National Stroke Awareness Month
- National Teen Pregnancy Prevention Month
- National Tuberos Sclerosis Awareness Month
- Older Americans Month

► June 2011

Su	Mo	Tu	We	Th	Fri	Sat
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

- Fireworks Safety Month
- National Home Safety Month
- Professional Wellness Month
- National Great Outdoors Month
- National Safety Month
- National Scleroderma Awareness Month

SOURCE: www.nationalwellness.org

Tips from COGI’s “Win” Series

The “Win” Series was designed by COGI as the foundation for programs and workshops offered through our Workplace Wellness services. Each quarter our edition of *Wellness World* with feature a Tips section based on the “Win” programs.

“Lose & Win!”

(Weight Management)

Be Aware of Large Packages
The larger the package , the more people consume without realizing it.

- Portion out your snack on a plate, not from the bag, to stay aware of how much you are eating.
- Divide the contents of one large package into several smaller containers to help avoid over-consumption.

“Relax & Win!”

(Stress Management)

All Stress isn’t bad. Stress can initiate change, help us focus on the task at hand, and in some cases even save our lives. Yet when stress builds up, it can result in the opposites—and cause us to spin our wheels, keep us from concentrating, and cause bodily injury and even loss of life.

“Save & Win!”

(Financial Management)

Personal Income Taxes must be filed by April 15, 2011. Talk to a tax professional to learn more about how to receive tax credits and plan for the future!

“Quit & Win!”

(Tobacco Cessation)

As indicated in a 2010 Surgeon General’s Report, cigarette smoking greatly increases one’s risk for heart disease. Being smoke-free and eliminating exposure to secondhand smoke are important to heart health.

Love Your Heart!

Wellness World is a quarterly publication of Clinical Outcomes Group, Inc. and is intended to provide information on important health topics in the news. More information on these and other health topics are available at www.COGInc.org in our A-Z Library.