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# WELLNESS COUNCIL OF WEST VIRGINIA E-Mail Newsletter

Volume 2  
 Number 3  
 May 2, 2005

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## Help Us Help WV!!

Have you referred a new member to the Wellness Council of WV recently? You can receive a \$25 gift certificate to Amazon.com for any new member who mentions your referral!

Have You Logged onto INFOPOINT today?

## Training Training Training

### Have You Registered Yet?

Tuesday, May 17<sup>th</sup> the WCWV will hold its Second Annual Spring Training. Please join us at **Coonskin Park's Hearth Room** in Charleston. Registration begins at 8 a.m. and sessions will be held from 8:30 a.m. – 1:30 p.m. Topics will include: Better Back for Business, Tobacco Policy and Cessation Strategies, Emotional Intelligence + Motivational Interviewing, and Trigger Happy—What Makes People Lose Ground? Cost will be \$75 per person and includes continental breakfast and lunch. **All participants will receive a Wellness Council of WV messenger bag and a drawing will take place for other door prizes the day of the event!** Register early! Space is limited! Registration materials are available at [www.wcwv.org](http://www.wcwv.org)!

The WCWV will host **Well Workplace University** (WWPU) on Friday, June 17<sup>th</sup> in Morgantown and Tuesday, August 8<sup>th</sup> in Institute. Check our website @ [www.wcwv.org](http://www.wcwv.org) for details and registration information.

**ALL PARTICIPANTS ATTENDING WCWV TRAINING EVENTS FROM JANUARY – AUGUST 2005 WILL BE REGISTERED FOR A DRAWING TO RECEIVE 1 FREE GOVERNOR'S CONFERENCE REGISTRATION FOR OCTOBER 17-18<sup>TH</sup> AT THE CHARLESTON MARRIOTT!** This includes Well Workplace University (offered in January, June and August) and Spring Training (May 17<sup>th</sup>).

## Spring Fever

Have you begun programming for Spring?

- Take advantage of the pleasant weather to make a walking map of routes around your business or organization's location.
- Hold a lunch and learn on allergies and helpful hints for dealing with their symptoms. (Pollen counts are at record highs!)
- Register your company at [www.wvonthemove.org](http://www.wvonthemove.org) and circulate information to your employees. They can go online and log their steps to make progress on the Appalachian Trail or Lewis & Clark expedition!
- Sun exposure is a bigger concern than ever. Circulate information on the dangers of skin cancer!

# National Women's Health Week

May 8 – 14<sup>th</sup>

National Women's Health Week is May 8<sup>th</sup> – 14<sup>th</sup>. Go to [www.4women.gov](http://www.4women.gov) to find programming information that coincides with this event!

## Remember to Turn in your Applications!

Well Workplace Applications are due into the WCWV offices ***no later than Noon on May 14<sup>th</sup>***! If you have questions about your application or would like assistance in completing the paperwork, please do not hesitate to contact our office! We are looking forward to many successful applications this year and would like to assist our members in any way possible.

## Looking for a Presentation for Work?

Check out [www.welcoa.org](http://www.welcoa.org) and download the presentation, ***"The 5 Smartest Things You Could Ever Do: Essential Rules for Living A Healthy Life."*** This information could even be used as a part of your corporate newsletter or e-mail circulation for wellness. We would discuss it more but you can find it on **InfoPoint!**

## Governor's Conference

Mark your calendars to attend the **19<sup>h</sup> Annual Governor's Conference on Worksite Wellness** at the *Charleston Marriott* on October 17<sup>th</sup> and 18<sup>th</sup>. This year's theme is ***"Worksite Wellness: Back to the Well."*** We are seeking to explore new ways to address the same problems that plague our population—obesity, tobacco use, sedentary lifestyle, diabetes and more. **If your company or organization is interested in sponsoring this event or would like to distribute wellness-related give-a-ways, please contact Sharon M. Covert at (304) 766-2686!**