

# November 2015 - December 2015

A bi-monthly newsletter brought to you by MESD's Journey to the WELL

NOVEMBER 2015



**TOP STORY HEADLINE:** The cool crisp autumn air announces the approaching change of seasons. This is the time when many of us pay tribute to age-old traditions including feasts with delectable baked goods and an assortment of candies and sweets. Whether you are planning a restful vacation in November and December, or taking part in holiday events, we can continue to keep Wellness in focus on the job and at home

**Prevention and Awareness** leads to a longer, healthier life. Check your risk([Here](#))

**Let's Do This MESD!** November 17th is Nat'l Healthy Lunch Day.



1. Spread the news in your department or school
  2. Plan a Department Potluck or lunch with friends
  3. Hold a Recipe –or–Healthy Snack Swap
- Tell Us About Your Plans:

## WHAT'S ON THE MENU FOR YOUR SEASONAL OR HOLIDAY FARE?

**Traditional American Fare** ([Here](#)) Enjoy the comfort foods you love, only healthier.

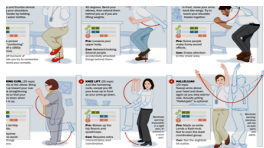


**Healthy Meals with Culture at Heart** ([Here](#)) Celebrations are even better when they inspire us to be Well

## Lets Keep Moving



If you haven't already tried COMMIT2TEN, Take a look at some of their great ideas for incorporating fun, easy to do exercises into your workday. Challenge your co-workers and friends too! ([Click](#))



Download this free cubicle/wall poster for exercises to do right there at your worksite ([Click](#))



Work on your balance for core strength, stress reduction and fall prevention See Video...([Click](#))

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## Interested in a New Stress Reducing Techniques?

Try a "Sound Bath, and let the music carry you away."  
(from University of Nevada)

Click on each one...

A Moment of Peace Meditation

Quiet Mind

Echoes of Time

The Winding Path

Classical Indian Music for Healing and Relaxing Angels of Venice

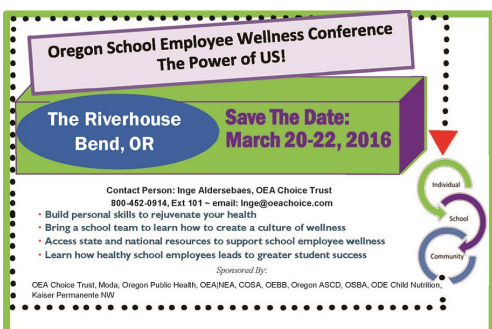
Pachelbel's Canon in D Major

Earth Drum Buddha Spirit

Spa Relaxing Music Long Time Mp3 with Candle Light

Relaxation Music - 1 Hour Meditation Candle

Sleep Deeply



Have you made plans yet to attend Oregon School Employee Wellness Conference ([Click](#))

**Click on the Picture to learn more!**



Join us to create a common understanding of Oregon's most pressing and solvable issues and to adopt strategic, coordinated actions to ensure better health for all Oregonians.