**LCCWalks:** Last Fall, the Wellness Committee presented a Million Step Activity Challenge! This program is still open for you to join at anytime. Your goal is to reach One Million Steps via walking, running, or other modes of exercises. We will be offering several events along the way to help you reach that goal. So grab a friend and start stepping! (Pedometers available for purchase at Hole in the Hall)

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**January:**

**January - July - Free Health Risk Appraisal (HRA)** – Find out how healthy you really are! HRAs are available to all employees and are completely confidential. It just takes a few minutes of your time, simply go to: [http://lcc.edu/hr/employee_wellness/](http://lcc.edu/hr/employee_wellness/) and follow the directions for HRA. Questions? Contact landict@lcc.edu

**20 – Weight Loss Tips - 12:00-1:00 – TLC 127** – Learn some new tips and tricks for cutting calories through healthy eating. Presented by Charissa Shadduck, RD. Contact blattnv@lcc.edu for more information.

**28 – LCCWalks Good Form Walking -12:00-1:00 – GB Gym** – Walk Fast, Walk Easy, Walk Injury Free - Learn the good form walking technique presented by Alicja Stannard, Playmakers Coach and PFW Faculty member. Contact koningl@lcc.edu for more information.

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**February:**

**2- Health Fair for Black History Month - 10:00-4:00** – Visit our booth 2nd floor GB for more information on the activities that your Wellness Committee offers and pamper yourself with free hand waxing. Contact blattnv@lcc.edu for more information.

**7 – LCCWalks - Walk for your Heart - 12:00-1:00 – GB Gym** – Use this opportunity to learn more about Nordic Walking and how to program your pedometer, all while earning steps toward you Million Step Goal. Contact landict@lcc.edu for more information.

**17 - Lunch & Learn – Stress in the Workplace – 12:00- 1:00 – TLC 127** - Presented by Lois Husby of the CARES Employee Assistance Program. Learn to recognize the symptoms of stress in the workplace and how to manage them. Contact molesv@lcc.edu for more information.

**24 – Scavenger Hunt – 12:00-1:00 TLC Lobby (1st Floor)** – Take a break from your desk and challenge your mind to some fun riddle solving- you’re sure to have a good time and you’ll earn fun prizes along the way. Spaces are limited RSVP: pricea@lcc.edu

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**March:**

**15 – LCCWalks – Art Walk -12:00-1:00 meet in GB near Parking Services** – Take some time to appreciate the diverse, interesting and beautiful artwork displayed throughout campus. It’s a great way to accumulate some steps while indoors and out of the cold wet weather. Contact skornak@lcc.edu for more information.

**24 – Cook Once, Eat Twice Luncheon – 12:00 -1:00 - A&S 205b** – Chef Harden and Dietitian Charissa Shadduck will once again share their expertise. Learn and sample recipes. Seats are limited RSVP: landict@lcc.edu
21-25 – 3rd Annual Food Drive to Benefit the Greater Lansing Food Bank: The Wellness Committee will once again be sponsoring a food drive for local families in need – please consider donating some non-perishable items. Drop off locations @Parking Services in the Gannon Building, BCI Office @ West Campus and The Front Desk @ East Campus. Contact molesv@lcc.edu or skornak@lcc.edu for more information.

**April:**

14 – 15 minute Chair Massages - 12:00-3:00 - HHS 013 - Everyone deserves a break! Take this opportunity to pamper yourself with a 15 minute massage! Registration required at cousinod@lcc.edu. $5 (cash) at time of service.

20 – Internet Safety for Children - 12:00 – 1:00 - TLC 127 – Presented by Chris Bennett. Contact molesv@lcc.edu for more information.

28 – LCCWalks – City Market Walk – 12:00-1:00 – Now that the weather is breaking join your friends and enjoy a walk to one of Lansing’s best Riverwalk Attractions. Check out what’s new at the City Market. Bring an empty bag for your purchased goodie and meet at Circle Drive on Grand River. Contact hendryw@lcc.edu for more information.

**May:**

TBA - Osteoporosis Screening - 10:00-2:00 - TLC 127 - LCC’s Wellness Committee is pleased to offer this screening. It only takes a moment of your time. Early detection is vital in prevention and treatment. Contact landict@lcc.edu for more information.

12 - LCCWalks – Tour of the State Capitol – 12:00-1:00 (must be prompt) Whether you’ve been there before or if this is your first visit, you won’t want to miss this opportunity to tour the State’s Capitol building, it’s history and splendor is sure to please – Meet in the TLC Lobby (1st floor). Contact molesv@lcc.edu for more information.

May 18 - National Employee Health & Fitness Day

We are pleased to offer the following event:

Fitness Center Sampler: 12:15- 12:45 at either Fitness Center (GB or West) – A PFW instructor will explain the Fitness Center benefits/options and give you a short tour. You will leave with a complimentary pass to use the fitness center during the semester break. Contact landict@lcc.edu for more information.

**June:**

14 - LCCWalks - Poker Walk – 11:30 -1:00pm – Riverfront Park - Back by popular demand! Take a much deserved break from your desk and enjoy some fresh air while trying your hand at Poker.

For more information on LCCWalks or to sign up for the challenge contact cousinod@lcc.edu.

Please visit us on our website http://www.lcc.edu/hr/employee_wellness/ or check us out on Facebook (Lansing CC Employee Wellness).