

Wellness Resources Spring 2018



- **BlueCross BlueShield of North Carolina** <http://blog.bcbsnc.com/wellness/>



- **American Heart Association** **Check.Change.Control.**
Register for free at www.ccctracker.com Campaign Code SHP 14



- **NC State Human Resources Wellness** <https://oshr.nc.gov/state-employee-resources/benefits/wellness>



- **EAP Mygroup McLaughlin Young** **Wellness Handbook**
<https://www.advantageengagement.com/pdf/Final%20Wellness%20Basics%20PDF.pdf>



- **Disc Golf Course** – Chatham County Campus

- **Walking Trail** – Chatham County Campus

- **Catwalk Trail** – Lee County Campus



- **Weight Room** – Lee County Campus
 - Open Monday/Wednesday 11:00 a.m. to 5:00 p.m.
 - Open Tuesday/Thursday 10:00 a.m. to 5:00 p.m.
 - Open Friday 8:00 a.m. to 3:30 p.m.



- **Cardio Lab** – Lee County Campus
 - Open Monday/Wednesday/Friday 10:00 a.m. to 5:00 p.m.
 - Open Tuesday/Thursday 11:00 a.m. to 1:00 p.m./3:00 p.m. to 5:00 p.m.
 - Open Friday 10:00 a.m. to 3:30 p.m.



- **Blood Pressure & Weight Checking Stations** – Lee County Campus, HR Department & Cardio Lab

