



**Health e-Links**  
**Health Education & Lifestyle Management Newsletter**

**D.E.W. presents**  
**District Wide Health Screenings**  
**March 26 – June 14**

DCPS Employee Wellness and Blue Cross Blue Shield of Florida will be providing free employee health screenings to all employees covered by the health insurance plan. The screenings will include:

- Health screenings for cholesterol, diabetes, blood pressure and more with immediate results.
- Tips on health related topics such as nutrition, diet and fitness.
- Valuable information for BCBSF members to maximize your health benefits.
- Experts on-site to answer frequently asked health questions

Follow link for schedule:

[http://www.duvalschools.org/static/wearedcps/employeeinfo/wellness/wellness\\_events.asp](http://www.duvalschools.org/static/wearedcps/employeeinfo/wellness/wellness_events.asp)

For your convenience you have the option to go on line and schedule an appointment time. Follow link to schedule appt:

<https://www.pickatime.com/client?ven=11603560>

**Warning Signs of Alcohol Abuse**

If you answer "yes" to any of the following questions, you may have a problem with alcohol:



- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?

Source: [How to Cut Down on Your Drinking](#)

**Contact Corporate Care Works, EAP (904) 296-9436 to speak with a counselor.**

**National Health Observances for APRIL**

Visit the links below for more information

**Irritable Bowel Syndrome Awareness Month**  
[www.aboutibs.org/site/about-ibs/april-ibs-awareness-month](http://www.aboutibs.org/site/about-ibs/april-ibs-awareness-month)

**National Cancer Control Month**  
[www.cancer.org](http://www.cancer.org)

**National Minority Health Awareness Month**  
[minorityhealth.hhs.gov/templates/browse.aspx?lvl=2&lvlid=182](http://minorityhealth.hhs.gov/templates/browse.aspx?lvl=2&lvlid=182)

**Alcohol Awareness Month**  
[ncadi.samhsa.gov/seasonal/aprilalcohol/](http://ncadi.samhsa.gov/seasonal/aprilalcohol/)

**“Take it to Heart” Screening Continues....**

**Baker-Gilmour Cardiovascular Institute**

1. Cardiovascular History and Exam
2. Blood Pressure Check
3. EKG
4. Labs, which includes:
  - a. Fasting Blood Sugar
  - b. Total Cholesterol
  - c. HDL Cholesterol “Good Guy”
  - d. LDL cholesterol “Bad Guy”
  - e. Triglycerides
  - f. Homocysteine Level
  - g. C-Reactive Protein (CPR).Inflammation
5. Framingham Heart Risk of Heart Disease Over the Next Ten Years

Call the Baker-Gilmour Cardiovascular Institute at (904)733-4444 Ext. 202 to Schedule your “Take it to Heart” screening for the cost of (\$100)

*(\$100 cost can be reimbursed through the employee’s FSA)*

# Ask the Health Coach

**Q** Should I stretch before I begin exercising or after?

**A** Stretching is an important, and often overlooked, part of any exercise program. Performed properly, stretching reduces the risk for injury, releases muscle tension and soreness, improves range of motion and posture, and reduces physical and mental stress. But stretching cold muscles actually increases your chances for injury, so the best time to stretch is after warming up with 10 minutes of gentle, low impact movement like walking or marching in place, or at the end of a workout.

- Stretching the correct way can minimize muscle injury.
- Don't stretch a muscle that isn't warmed up.
- Don't bounce your stretch. Gently hold it for 15 to 30 seconds, release and repeat.
- Don't overstretch. If it hurts, back off.
- Don't hold your breath while stretching, continue normal breathing.

Call the Health Dialog line at 1-877-789-2583 to speak with a health coach.

Source: Better You from Blue

## Sadie T. Tillis Elementary School

12 people finished their school wide New Year!  
New You! Challenge

- Daisy Emanuel won the weight loss category losing 10.9 pounds
- Denise N. Pedro won the most inches loss category losing 11.5 inches

Total pounds lost was 46.5 pounds  
Total inches lost was 24 inches

**Congratulations!!!!**



## Avocado and Grapefruit Salad Recipe

### Ingredients

- 8 cup(s) lettuce, mixed greens, torn
- 2 grapefruit, peeled and sectioned
- 1 avocado, pitted, peeled, and sliced
- 2 tablespoon vinegar, raspberry
- 2 tablespoon avocado oil, or olive oil
- 1 tablespoon water
- 1 teaspoon sugar
- 1/8 teaspoon salt

### Preparation

1. On a large serving platter or 6 individual salad plates, arrange the mixed salad greens and/or spinach, grapefruit sections, and avocado slices.
2. For dressing, in a small bowl, whisk together raspberry vinegar, avocado or olive oil, the water, sugar, and salt. Drizzle over the salad mixture.