Recent study found that high and low carbohydrate diets associate with increased mortality, plant-derive protein and fat intake (vegetables, nuts, peanut butter, and whole-grain breads) associated with lower mortality.

Everything in moderation is key!
The winner of the kudos challenge:

Yoania Quintana!

“Kind words can be short and easy to speak, but their echoes are truly endless.”
-Mother Teresa

Yoania wins one month of badge access to parking outside Meads Hall!

Carolyn will receive $25 gift card to Camino’s for being such an outstanding co-worker!

Thank you all for your participation this month! Please continue to leave kudos for your colleagues – we are working on coming up with more incentives for this!

Most kudos received:

Carolyn Moench
Double Dash event

Thank you to Chi for sponsoring! The second time around the weather was beautiful 😊

Nutrition on a Tight Schedule Discussion

Jane Anderson led us in a really great discussion on how to eat well in a pinch and everyone got a little tutorial on how to pack a bento box – let me know if you want to see the handouts she brought.

How to: *Eat well when time’s short*

Jane Anderson, RDN, MPH

Nutrition in 30 seconds

Hydrate.

Don’t underestimate the value of vegetables - Or fruits!

Act short-term, think long-term.

*Listen to your body.*
September Theme: Parenting and Children’s Health

- **Farmer’s Market**
  - New Hawthorne Parking Deck; Thursdays 2-5:30 PM

- **Food allergies: A Family’s Journey**
  - Sticht Center; Thursday, September 6, 12-12:45 pm

- **Healthy Parenting**
  - WMC (Large Conference Room); Tuesday, September 11th, noon-1 pm
  - Biotech – Innovation Quarter (155 A & B); Wednesday, September 12th, 11:45-12:45 pm
  - LMC (LiveWell Center): Monday, September 17th, noon – 1 pm
  - Davie Medical Center (plaza 1, 4th floor, conference rooms 1 & 2); Tuesday, September 18th, noon – 1 pm
  - Sticht center; Thursday, September 20th, noon-12:45 pm

- **Help your Family with Picky Eating**
  - Sticht Center; Thursday, September 13th, 4-5 pm
  - LMC (LiveWell Center); Tuesday, September 18th, noon – 1 pm

- **Advance Care Planning**
  - CCC 2A/2B; Wednesday, September 12th, 4-5 pm

- **Back to Basics Workout**
  - Kimel Park, 4th floor board room; Monday September 17th @ 2 pm
  - Miller Fitness Center; Tuesday, September 18th @ 9 am
  - Access Center, 3rd floor Bike Room; Thursday, September 27th @ 2 pm

- **Financial Counseling with BB & T**
  - Biotech (conference room 154); Thursday, September 20th 12-4 PM
COMING SOON

STAY TUNED FOR THESE UPCOMING WELLNESS EVENTS

- **CYCLEBAR CLASS FOR HOSPITAL MEDICINE** – OCTOBER
- **PARENTS NIGHT OUT** - OCTOBER
- **TEAM BUILDING ACTIVITY AT GRAYLYN CONFERENCE CENTER** – NOVEMBER