



May 2012

HCC Healthy Living Events

For more information about Health Care Center seminars and to register, email sas_hcc@sas.com.

National Employee Health & Fitness Day

- Wednesday, May 16
- 11 a.m.-1:30 p.m.
- RFC Gymnasium, Bldg G

Be sure to stop by the Health Care Center and Nutrition Booths at the National Employee Health and Fitness day celebration at the RFC. Answer questions and receive tickets for drawings to win prizes plus get free samples. Enjoy a healthy treat at the nutrition booth, too!!

The **Nutrition Booth** (located upstairs by the Nautilus room), “Anchor Your Energy....Fuel Your Day with *Strategic Snacks*” – Chat with HCC nutritionists and learn how to choose snacks that maximize your energy levels and satisfy your appetite. Then, put together your own “anchored” snack at the Strategic Snack Bar.

The **HCC Booth** (located downstairs on the basketball courts), “Tick Born Illnesses.” Don’t miss this opportunity to brush up on your knowledge about ticks and how to protect yourself and your family from these little pests and the diseases they carry. You can also enjoy a meet and greet with Tucker the Tick.

Health in Hearing: It’s OK to tune out the world, just make sure you’re doing it on purpose

- Tuesday, May 22
- Noon – 1 p.m.
- Healthy Living Room, W0001

Did you know that if you are 50 or older (or a young person who enjoys too much loud music) there is a distinct possibility that you are not hearing the world as well as you used to? Hearing is connected to brain function so uncorrected hearing loss can negatively impact your life in more ways than one might realize.

Join the HCC in welcoming Chief Audiologist, Philip Griffin, Au.D., and Bob Keefer, PhD., CEO, from the new Raleigh-based audiology practice, *Now Hear This*, as they discuss what is involved in a hearing evaluation. Most people are not aware that many hearing aid dealers do not have a licensed audiologist on their staff, which can lead to inadequate hearing correction and frustration. Dr. Griffin will share how he uses advanced tools to measure how a hearing device is performing in the patient's ear and adjusts it to get optimal hearing capabilities. Dr. Griffin will also provide key questions to ask when choosing a qualified hearing professional.