Instant Pot Cook-Off: Calling all Instant Pot lovers!

- Monday, February 24
- 12:00 p.m. – 1:00 p.m.
- HCC Healthy Living Room, W0001
- Register by February 5: Space is limited!

Whether you’re an Instant Pot newbie or master, join us for a new SAS tradition - an Instant Pot Cook-Off! Submit your favorite delicious and healthy pressure cooker recipe today for a chance to compete with your co-workers and win prizes. This is an excellent opportunity to showcase your cooking skills, sample other tasty dishes and learn great new recipes!

Learn more about recipe requirements and register at https://tinyurl.com/instant-pot-20.

Hypnosis for Gut Health

- Thursday, February 20
- 12:00 p.m. – 1:00 p.m.
- HCC Healthy Living Room, W0001 or WebEx
- Registration is required.

Are you curious about how hypnotherapy can be used to improve physical health? If you’ve ever wondered how hypnotherapy works and what the science is to support its use, this seminar is for you.

Join Olafur Palsson, clinical psychologist and internationally-recognized expert in the use of hypnosis for gastrointestinal disorders, as he discusses the mind-body aspects of chronic health problems and the use of hypnotherapy for improving digestive function.

Fight the Flu. It’s not too late to get a flu shot!

SAS employees and dependents who are covered under the SAS medical plan:

- Call the HCC receptionist at 919-531-8809 to schedule an appointment with a nurse. Families are able to get their flu shots together if desired.
- If you already have a visit scheduled with an HCC nurse practitioner, physician or nurse you’ll be offered flu vaccine while you’re here as long as you’re not being seen for illness with accompanying fever.

SAS Retirees! You may also call the HCC and schedule an appointment to receive your free flu vaccine!
Campus Blood Drive

- Tuesday, March 3
- 7:00 a.m. – 5:00 p.m.
- GX002
- Sign up to give!

A single blood donation can save up to 3 lives. And did you know in the United States a person needs a blood transfusion every two seconds? The American Red Cross will be in GX002 Tuesday, March 3, for a one-day campus blood drive. Please register to donate or contact Amy Ford with any questions.

HCC Nutrition Blog, Chews Strategically

Eating 8-10 Servings of Fruits & Vegetables: HCC Nutritionist Kelly LeSage explains why and how to eat the colors of the rainbow every day!

How to NOT get Sick this Winter: Since flu and influenza-like illnesses are on the rise, check out this throwback from HCC Nutritionist Kelly LeSage.

Connect with Us

- Bookmark the public SAS Family Website where SAS family members and retirees can stay up-to-date on basic benefit information, health care services, recreation and fitness programs and more!

- SAS Employees, check out My Life, Health and Wellness Events Calendar on Inside SAS where you’ll find upcoming events offered by the HCC, Work/Life and RFC all in one place!

- Follow us on Yammer! @Health Care Center Happenings

- Easily access important HCC forms, anticipatory guidance handouts and advice for prenatal care through the teen years at sas.com/wellchild.

For more information about Health Care Center events and registration, email us at sas_hcc@sas.com.

Thank you for your interest in our happenings!

-HCC Staff