HCC Happenings
From your SAS Health Care Center

Upcoming HCC Healthy Living Seminars

Lifestyle Strategies for Depression and Anxiety

- Thursday, September 12
- 12:00pm-1:00pm
- W0001 or WebEx
- Registration is Required

Depression and anxiety are the most common mental health issues in the U.S. Poor diet has been implicated as a major contributing factor because food can have a powerful impact on your mood and overall brain health. HCC Nutritionist Kelly LeSage, MS, RDN, LDN will connect the dots between nutrition, lifestyle and mental health and provide strategies to improve your mental well-being.

Nutrition for Optimal Health During Menopause and Beyond - WebEx Only

- Wednesday, August 28
- 12:00pm-1:00pm
- WebEx
- Registration is Required

One thing is for certain – if a woman lives long enough, she will go through menopause. Menopause is a time of significant, continuous change which delivers a new body that comes with no instruction manual. Strategies that once worked to maintain our health, may not achieve the same level of health and well-being as they once did. Join HCC Nutritionist, Jen Sohl-Marion, MPH, RDN, LDN, IFNCP as she discusses the latest nutritional strategies to navigate the changes of menopause so you can enjoy a vibrant, energetic life in your mature years. Nourishing yourself well is a beautiful place to begin when creating your road map for optimal health.

New Approaches to Hormone Replacement Therapy for Menopausal Women - WebEx Only

- Wednesday, September 18
- 5:00pm-6:00pm
- WebEx
- Registration is Required

Gynecologist Karen Clark, MD, is a Fellow of the American Congress of Obstetricians and Gynecologists and is one of only 5 Certified Menopause Practitioners (NCMP) in the Triangle. Dr. Clark’s specialty is helping women move through
Menopause gracefully while avoiding or minimizing menopause symptoms. Through her practice, Dr. Clark helps women assess if hormone replacement therapy (HRT) is right for them.

In this seminar, Dr. Clark will discuss new research showing the benefits of newer, natural hormone replacement compared to the synthetic hormone replacement used in previous large studies with poor outcomes. Risks of HRT will also be discussed so attendees can determine if they are a candidate for HRT.

**Oriental Medical Approaches to Menopause - WebEx Only**
- Wednesday, September 25
- 5:00pm-6:00pm
- WebEx
- **Registration is Required**

Acupuncturists Toby Wedgle, LAc and Michael Harding, LAc, bring years of women’s health expertise to SAS for an interactive discussion about the science behind acupuncture and Chinese herbs for menopause.

Toby and Michael will review the principles of Chinese medicine that help a woman’s body move into a better state of balance during menopause. They will discuss how acupuncture works and how an acupuncturist determines the treatment plan for a menopausal woman. Information about how Chinese herbs help create and sustain balance will also be provided.

**Pelvic PT and Menopause: Overcoming Common Concerns for Optimal Health - WebEx Only**
- Wednesday, October 2
- 5:00pm-6:00pm
- WebEx
- **Registration is Required**

The hormonal changes of menopause can bring about a variety of symptoms seemingly unrelated, but actually quite linked. In particular, changes to the pelvic floor can lead to pain with intimacy, bowel and bladder changes, and changes in bone health. Join pelvic physical therapists, Emily Wegmann, PT, OCS and Sarah Talley, PT, DPT to learn how to improve symptoms associated with the pelvic floor changes of menopause including urinary frequency, constipation, vaginal dryness, muscle weakness, bone loss, hip and spine stiffness and pain, and more.

**September is Fruit and Veggie Month!**

Bored with bananas? Got the broccoli blues? Stop by the Terrace Café (Bldg. A) **between 11:30 a.m. and 1 p.m. on Sept 16** and hear directly from SAS Registered Dietitians/Nutritionists on ways to incorporate a wider variety of colorful fruits and vegetables into your meals. **Tasty samples will also be provided.**

**Happy 35th Birthday, HCC!**

In July, the HCC celebrated a big birthday! Hear our Chief Health Officer Gale Adcock’s reflections on **35 years** of providing top-notch care to our employees and their families.
Campus Blood Drive is September 10- Sign up today!

- Tuesday, September 10
- 7:00 a.m. – 5:00 p.m.
- GX002

A single blood donation can potentially help more than one patient and in the US, a person needs a blood transfusion every two seconds. The American Red Cross will be in GX002 Tuesday, September 10, from 7 a.m. until 5 p.m. for a one-day campus blood drive, so be sure to sign up to give! Contact Amy Ford with any questions.

Don’t forget to cancel your appointments…

We totally get it- life sometimes gets in the way and you can’t make your appointment. To help out, the HCC sends text reminders to help you manage your upcoming appointments. Please respond to these by 12 am the day you receive the text. This allows us to use valuable appointment time for other SAS employees and their families and saves you from a no show fee.

If you are outside of the time frame to cancel via text, please call the HCC at (919) 531-8809 to cancel.

HCC Nutrition Blog, Chews Strategically

Curious about CBD? HCC Nutritionist Kelly LeSage explains what CBD may be helpful for and how to choose a CBD product.

Incorporating healthy habits in college can lead to a lifetime of well-being. Check out the blog Top 10 Healthy Living Tips for College Students to learn how to get started.

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 the new Inside SAS My Life, Health and Wellness Events Calendar where you’ll find scheduled 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