

# HCC Happenings

*From your SAS Health Care Center*

## Parents of Infants and Young Children Discussion Group

- Tuesday, March 5
- Noon – 1 p.m. ET | MS Teams
- [Register here](#)

Join Lisa Allred from Work/Life and Megan Moyles, Family Nurse Practitioner from the Health Care Center to discuss ways to talk through your parenting challenges. Come to learn and/or share!

## Campus Blood Drive

- Tuesday, March 27
- 7 a.m. – 4 p.m. ET | SAS Gym, GX002
- [Sign up to donate!](#)

Please consider donating an hour of your time to help save a life! Campus access for retirees & family members: Retirees must bring a valid SAS ID and family members must be registered in the SAS Visitor Registration System. Questions? See Red Cross' [frequently asked questions](#) page or contact [Amy Ford](#).

## Lifestyle Management: A Medical Weight Loss Program at the HCC

**Overcoming Obesity Bias in Healthcare.** As rates of obesity increase in America, so does the level of obesity bias and stigma in healthcare. Providers can carry assumptions about their obese patients, believing they are lazy, lack willpower and are to blame for their BMI and poor health, when factors like genetics and socioeconomic status have been found to affect a person's weight.

Our solution to decreasing obesity and increasing our patients' overall health is to develop an open-minded, collaborative approach to address weight-related health issues. HCC providers work to understand your background, lifestyle and the barriers that might prevent you from making sustainable changes. Providers then determine how they can work alongside you to support your journey to an overall healthy life.

The SAS Health Care Center offers [Lifestyle Management](#), a team-based approach to weight loss that includes visits with a Medical Provider, Registered Dietitian Nutritionist and Fitness Trainer. Our team is ready to help you meet your goals for improved health. [Watch a Q & A session](#) or call the HCC at 919-531-8809 to learn more about Lifestyle Management at the HCC. *Lifestyle Management is open to SAS employees and dependents ages 13 & older who are local to SAS Cary, NC Headquarters and covered by the SAS PPO Medical Plan.*

## How does the HCC measure up?

Have you visited the Health Care Center recently? We'd love to get your feedback. Complete this brief [HCC Patient Satisfaction survey](#).

## Cultivating Coherence

- Tuesdays, April 23 – May 14
- 9 – 10 a.m. ET | MS Teams
- [Register by April 22](#)

Learn to ease stress overload and unlock your ability to gain control over pain, anxiety, heart rate and cognitive function by integrating heart, health and science in just minutes a day. Classes meet virtually once a week for 1 hour and are led by a SAS Health Care Center Certified HeartMath instructor. This 4-week virtual class focuses on techniques without the use of equipment.

## HCC Nutrition Blogs & Other Healthy Happenings at SAS

- [Successfully single: being whole in and out of relationships](#) Hopefully, during this season of couples, love, expectations, and disappointment, some of the ideas I have embraced will resonate with you whether you are choosing to be whole by yourself or in the context of a romantic relationship.
- [Sound healing with binaural beats](#) Sound has a long history as a healing modality. Learn more about sound therapy and visit the Wellness Room at the RFC and try “binaural beats” and see what you think.
- [Collagen supplements: are they worth it?](#) Dig into the science to see if collagen supplementation is helpful. **Recipe: Bone Broth**
- [5 ways AI chatbots can boost your job and internship search](#) If you're a student, you may be wondering, “How can I use chatbots to boost my internship and job search?” Check out five ideas to get you started.
- [Curiosity, empathy, implicit bias, bystander effect and preventing tragedies](#) This blog post is for parents and their teens who are NOT gender diverse. We need to reflect on what actions we are taking to counter the implicit bias in our own thoughts and behaviors. This is a blog post is a call to action...to learn more...to do better...to understand how our behavior can save lives.
- [My pick on protein bars](#) Find out which protein bars meet minimum standards for protein, carbs and sweeteners, and how they taste. **Recipe: Pumpkin Protein Bars**

## Connect with Us

- Bookmark the public [SAS Family Website](#) where SAS family members & retirees can stay up-to-date on basic benefit information, health care services, recreation and fitness programs and more.
- SAS Employees: Check out [Well-Being Event 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 Viva Engage! [@Health Care Center Happenings](#).
- Parents: easily access important HCC forms, anticipatory guidance handouts and advice for prenatal care through the teen years at [sas.com/wellchild](https://sas.com/wellchild).

For more information about Health Care Center events and registration, email us at [sas\\_hcc@sas.com](mailto:sas_hcc@sas.com). Thank you for your interest in our happenings. -HCC Staff

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