Sustainable HCC presented by Ken Johnson
Salad Day - Oct. 1, 2009

Community Workshops Presented at HCC by HMSA

Germ-busters: Relief from the Common Cold and Flu
February 5, 2010

"Tired of feeling rotten each winter? This light-hearted but informative session provides an overview of two common respiratory illnesses. Join us as we discuss symptoms, treatment of symptoms, and prevention measures. Activities include team competition to reveal who knows the difference between virus fact and fiction."

- **Clean Hands Save Lives!**
- **Cold and Flu Health Center** by WebMD and Healthwise
- Centers for Disease Control (CDC):
  - Get Smart: Common Cold and Runny Nose
  - Seasonal Influenza (Flu)
  - H1N1 Flu
- **Pandemic H1N1** information from the World Health Organization

Workstation Wellness
March 17, 2010

"Do you spend most of your work day seated in front of a computer? If so, you share the same risks as millions of other Americans: repetitive motion disorders, poor posture, eyestrain, and perhaps most dangerous -- a sedentary lifestyle. Join us to learn healthier computer set up and usage, and realize that YOU CAN be comfortable at work."

- **Office and Computer Stretches**
- **Office Ergonomics Training**
- Occupational Safety & Health Administration (OSHA):
  - Computer Workstations: Good Working Positions
  - Checklist to help create a safe and comfortable computer workstation
  - Selecting and Arranging Workstation Components, including keyboard, chair, monitor, more
- **Typing Injuries Frequently Asked Questions**
Derek shared tips for making kale chips and hearty kale soup.