

THE WELLNESS EXPRESS

DECEMBER 2, 2024 - ISSUE NO. 10



ANYA THURM
EMPLOYEE WELLNESS MANAGER

As Employee Wellness Manager, Anya oversees 4 Wellness Center locations as well as Blessing’s Employee Wellbeing Program, Core Health. She began her career with Blessing in 2010 as the Heart & Vascular Center’s Wellness Program Coordinator, where she worked alongside Dr. Irving Schwartz to develop and implement lifestyle medicine programs both for Blessing employees and Cardiac Rehab patients. She transitioned to Wellness Center Coordinator when the Wellness Center opened in 2016, and has held various Wellness-related leadership positions at Blessing since 2018. Anya loves to travel with her family and friends, as well as spending time doing anything outdoors.

POLICY REMINDERS: DRESS CODE

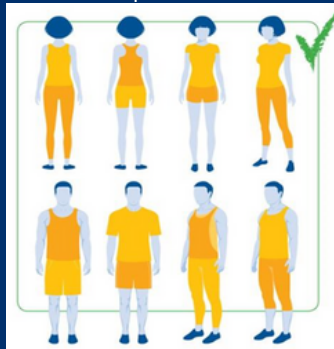
Clean and functional fitness wear, appropriate to the activity, is required in all areas. All shirts worn in the facility must not expose the back, chest, or torso.

Shorts must be at least mid-thigh in length. All bottoms should be free of exposed rivets or zippers that could damage equipment. Clothing should not be worn in a way as to be offensive to others.

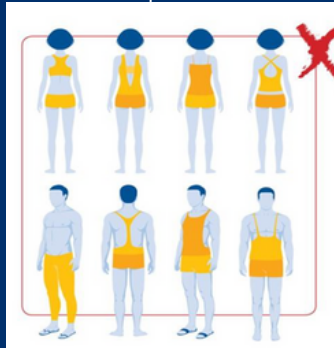
Clothing that is of an inappropriate/offensive manner is prohibited and members will be asked to adjust and/or change clothing. Any clothing worn within the facility, including logos or messages on apparel, must be acceptable in a family setting.

Clean athletic shoes with closed toes and scuff resistant soles must be worn in all activity areas of the facility at all times. All shoes worn beyond the front desk must be dry and free of dirt/mud and winter-time salt.

Acceptable Attire



Unacceptable Attire



IFC MEMBER WIN
PAYTON DEAN

I have played some sort of sport since childhood. After graduating, I’ve found ways to stay active. My favorites are yoga, running, high intensity workouts, and weight lifting. My wellness win is staying active through my recent pregnancy and looking forward to an active lifestyle with my family. My tip for others is, drink lots of water!

BWC CULINARY CLASSES FOR DECEMBER

12/3: Christmas Dog Treats Class

12/10: Christmas Treat Exchange

12/11: Kids’ Food Art Class

12/17: Christmas Charcuterie Board Creation

Cost is \$30/member and \$40/non-member.
Classes are at 5:30 pm.

BWC PRE-ORDER MEALS FOR DECEMBER

12/3: Mediterranean Bowls w/ Chicken

12/10: Hamburger Soup w/ Hawaiian Roll

12/17: Tuscan Chicken

12/24: NO PRE-ORDER

12/31: NO PRE-ORDER

Orders are due by 2 pm on the Friday before the date listed.
Info will be included in PR about each meal.