

# WSC STRONG

VOLUME I, ISSUE 1

AUGUST 2014

WSC Wellness Newsletter

workservicescorp.com

## WELCOME!

Welcome to the WSC Strong newsletter! What exactly is the WSC Wellness Committee? The Committee can help guide you on living a long and healthy life and making better choices for yourself. Always check our company website for updates each month, you will find this under "For Employees" ([www.workservicescorp.com](http://www.workservicescorp.com)). We will have tips on eating healthy, exercising, and more. Also, the Wellness Committee is looking at so many fun ideas! If you have suggestions or would like to attend a meeting, please contact one of us on the committee and we would love to have you as our guest at the next WSC Strong Wellness Meeting!

## Coming up

Dance! Dance! Dance-A-Thon!

Wellness encourages you to come dance your hearts out with us! We will begin Line-Dancing on August 6, 2014. Classes will be every Wednesday from 3 p.m. to 3:30 p.m.. Please join us and get moving with WSC Strong!

September 3, 2014-The battle begins! Who will be the last one standing in the Line-Dance to take home the grand prize?



# DANCE-A-THON!

### WSC STRONG COMMITTEE

Angela Smith

Evan Woodard

Lana Vaughn

Micha Guilbeau

Annette Coleman

Jesse Rynick

Lisa Dickey



## What's Next?...

Let's take a look into the Work Services Wellness World! September is coming and so is THE BIGGEST LOSER! Time to get competitive! Who will be the next WSC Biggest Loser?

## TELL US YOUR STORY!

Did you quit smoking? Lose weight? Run a marathon? Have an awesome healthy recipe or fitness tip? Tell a WSC Strong committee member the ways you're staying healthy & you could be featured in a future newsletter. Let us hear from you!

## This Month



### AUGUST IS NATIONAL IMMUNIZATION AWARENESS

Did you know there is a difference in vaccine, vaccination, and immunization?

A vaccine is a form of medicine that makes your body immune to a disease.

A vaccination is the actual injection process.

An immunization is when the body is protected from a disease.



#### Did you know?

1. Vaccines prevent more than 2.5 million deaths each year.
2. Vaccines helped reduce measles deaths globally by 78 percent between 2000 and 2008.
3. Not all vaccines are given as shots.
4. Vaccines are not risk free. Some have side effects. Always ask your doctor about side effects.

#### GRAB YOUR KIDS!

Your Children need it now more then ever. A child does not have the immunity we do. They can get sick faster and easier...

As we all know, school is about to start back up! As much as we want to get the kids to school, we have a few requirements before they attend. One of those requirements is getting your children vaccinated. You can check out dates and times on the following website: [www.choosewichitafalls.com](http://www.choosewichitafalls.com).



#### GET TO THE DOCTOR!

Your doctor is your best friend. If you're not sure about needing vaccines or what vaccines your children need, get to your physician and let him/her get you on track. Getting the vaccines you need from the doctor are necessary. People get sick and could end up hospitalized because they did not get vaccinated. Avoid getting sick and get immunized!

Ask your doctor questions. **Get to the doctor and stay on the path to being healthy!**

**If you do not have a doctor and you need more information, contact our local health department.**

**Wichita Falls Public Health District:** Phone: (940) 761-7800

1700 Third St  
Wichita Falls, TX 76301



**Be Wise.....  
Immunize!**

For more info,  
check out these  
websites:



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

