

Stay Strong!

The WSC Strong Wellness 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). 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!

Recognized for the month!!!

Last month some WSC employees participated in the Dance-A-Thon! A big thanks to everyone who participated in the line dancing! Pictured left to right: Dwayne, Carla, Devin, and Micha. CONGRATULATIONS to Carla Evans for taking home the grand prize!



WSC STRONG COMMITTEE

Angela Smith

Lana Vaughn

Micha Guilbeau

Annette Coleman

Jesse Rynick

Lisa Dickey

Hotter'nHell was a big success in August! Thanks to all of the volunteers from Armory Rd. and the base who helped make it happen! WSC implemented service stations to the riders which included hand sanitizing wipes, fruit, cookies, and PowerAde. Dennis Dudley, Employment Specialist at WSC, rode 25 miles in the race. Way to go!

LAST MONTH...

The Biggest Loser contest began September 5th and we hope you are participating! The WINNER will be announced next month on Friday, November 21st!

TELL US YOUR STORY!

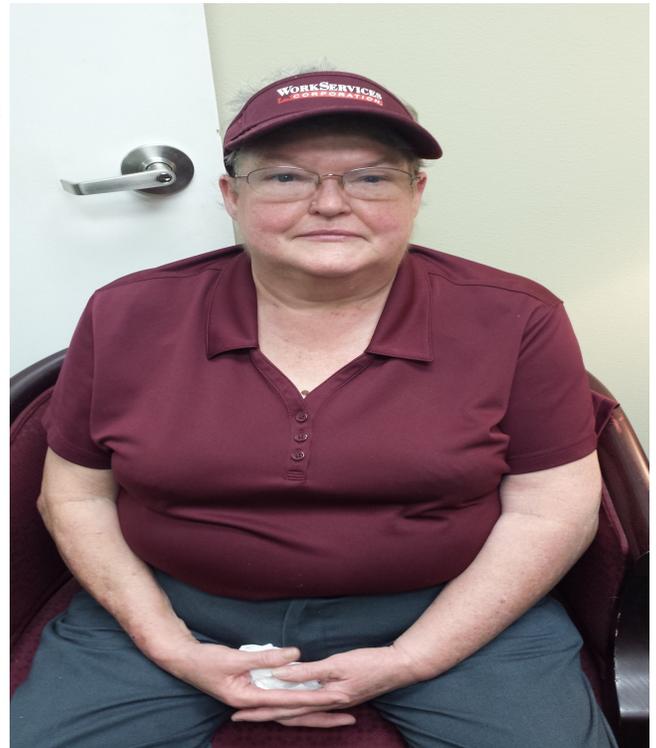
Did you quit smoking? Lose weight? Run a marathon? Have an awesome healthy recipe or fitness tip? Tell a WSC Strong committee member the ways you're staying healthy & you could be featured in a future newsletter. Let us hear from you!

This Month



OCTOBER IS BREAST CANCER AWARENESS MONTH

Joyce Curtright, food service worker at Goodfellow AFB knows firsthand about this disease. She stated “I was diagnosed in 2008 with stage 2 breast cancer after a routine mammogram. When it was biopsied, I had surgery to remove lymph glands, and was fortunate not to have a mastectomy. Afterwards, the oncologist suggested I have chemo for about 6 weeks and then radiation for 3 weeks. I couldn’t do radiation any longer than that because it was starting to burn me since I have sensitive skin. I still wear a brace on my left arm so it doesn’t swell from not having lymph glands on that side. I do exercises every day to keep the blood flowing. I have been cancer free for 3 years now. I feel very grateful to God for being there and helping me get through all of this. I also appreciate Work Services for being so understanding when I had to be off work through the years. Not every employer would be so understanding. Every woman should be sure to have mammograms. It could save your life”.



Did You Know?

Susan G. Komen was diagnosed with breast cancer at age 33 and passed away at age 36. Before her passing, her sister promised her that she would do everything she could to end breast cancer. Over 30 years later, millions of women have been supported in the fight against this disease.

October is National Disability Employment Awareness month. NDEAM was declared in 1988 by the US Congress to raise awareness of the employment needs and contributions of those with disabilities. Work Services is dedicated to empowering those individuals to achieve personal growth, independence, and a better quality of life through employment opportunities.



For more info,
check out these
websites:

