

# Energize!

Your Life  
Your Health  
Your Outlook

## VC-WELL! Wellness Program Schedule

For Regular County Employees and Their Spouses  
**January to June 2018**

### **Your Health With a Personalized Wellness-Profile Health Screening\***

*This valuable health assessment measures your blood pressure, total cholesterol, HDL, LDL, triglycerides, glucose and more. Participants receive a powerful results report and have the option to meet in person with a Health Coach/Nutritionist. ALL FREE AND CONFIDENTIAL.*

- ▶ **Gov't Center (EHS)**, 1st Wednesday of every month: January 10; February 7; March 7; April 4; May 3; June 6
- ▶ **Vta JCC**, Tuesday, January 16 ▶ **Oxnard HSA Vanguard**, Wednesday, January 24 ▶ **E.C. IEC/JCC**, Wednesday, February 14
- ▶ **N. Oxn P.H.**, Thursday, March 15 ▶ **VCMC-Vta.**, Tuesday, April 17 ▶ **Knoll Dr Vta**, Wednesday, May 9 ▶ **Cam Fire**, Wednesday, June 13

### **Make Your Wellness Profile Appointment Online @ [www.ventura.org/registervcwell](http://www.ventura.org/registervcwell)**

*Appointments are in the morning between 8 a.m. and 10:30 am and take approximately 30 minutes.*



**\*Get your Wellness Profile from Jan through June 2018, and get this custom-screen-printed visor to Energize your fitness wardrobe!**

CEO Human Resources Division, Wellness Program 800 S. Victoria Ave,  
Ventura, CA 93009-1370 [www.ventura.org/vcwell](http://www.ventura.org/vcwell)  
[wellness.program@ventura.org](mailto:wellness.program@ventura.org)



# Classes That Help *Energize!* and Improve the Quality of Your Life:

REGISTER @ [WWW.VENTURA.ORG/REGISTERVCWELL](http://WWW.VENTURA.ORG/REGISTERVCWELL)

## **Automatic Weight Loss--** *Tuesday, 1/16, ACR, 12-1pm--*

Discover how to stock your cupboards (and your desk) with convenient, low calorie, tasty foods that will help you lose weight automatically. This "no think" approach to weight loss will help you lose weight without a lot of fuss and bother.

## **20-Minute Workout--** *Thursday, 1/25, Govt Ctr Courtyard, 12-1pm--*

This 20-minute workout is an easy way to fit exercise into your busy day. No more excuses--you can actually fit this short, effective workout in during your break time! Boost your energy, maximize your metabolism and feel great!

## **Couch to 5K--** *9 Tuesdays, 2/6 to 4/3, Govt Ctr Courtyard, 12:15-12:45pm--*

For runners & NON-runners; a slow, steady approach to build mental & physical strength. In just 9 weeks you'll enjoy the sense of accomplishment when you're ready to participate in the Corporate Games 5K walk/run.

## **Fit Cooking--** *Wednesday, 2/7, PCR, 12-1pm--*

Whether just thinking about getting in shape or already active, fuel your performance with nutritious foods. Samples and recipes will be provided.

## **Resistance Band Workout--** *Thursday, 3/8, Govt Ctr Courtyard, 12-1pm--*

Let our fitness specialist show you how you can firm up and strengthen your body using simple resistance bands!

## **Cholesterol Control--** *Wednesday, 3/28, PCR, 12-1pm--*

Lower your cholesterol and reduce your odds of heart disease! In this two-part class, you'll learn everything from cholesterol-lowering medicines to super cholesterol fighting foods and the newest diet that can cut your cholesterol 30-40%.

## **Zumba® (Exercise in Disguise)--** *4 Wednesdays 4/11, 4/18, 4/25 & 5/2, Govt Ctr Courtyard, 5:30-6:30pm--*

Classes are fun, energetic and make you feel amazing! Dance to great music and burn a ton of calories without even realizing it! Perfect for everybody and every body!

## **Cooking Well With Diabetes** *Thursday, 4/26, PCR, 12-1pm--*

Attend this cooking demo and learn the secrets to hassle-free, delicious meals the whole family can enjoy. Let our Registered Dietician help you achieve better blood sugar control without sacrificing all your favorite foods. Samples and recipes will be provided.

## **Beginner's Boot Camp (4 Weeks to Fintess)--** *4 Tuesdays, 5/8 to 5/29, Govt Ctr Courtyard, 5:30-6:30pm--*

Join us outdoors for a fun and invigorating workout. Don't worry if you're out of shape, this beginner's boot camp is just what you need to slim down and shape up.

## **Simple Steps to Control Blood Pressure--** *Wednesday, 5/23, PCR, 12-1pm--*

Learn how to lower your blood pressure with this easy stepwise plan based on a scientifically proven diet with information on exercise, supplements and the latest natural approaches.

## **Simple Recipes to Manage Blood Pressure--** *Wednesday, 5/30, PCR, 12-1pm--*

Using food as medicine, learn simple recipes that will help to manage your blood pressure--and still enjoy the taste of your food. Samples and recipes will be provided.

## **Great Grilling--** *Thursday, 6/7, PCR, 12-1pm--*

Our culinary expert will introduce you to the art of healthy grilling with tips on tools, techniques and more. Samples and recipes will be provided.

## **Intro to Pilates--** *Wednesday, 6/13, MPR, 12-1 pm--*

Get an introduction to this effective and popular exercise technique that can strengthen and tone your body, while focusing on your "core".

## **LOCATION KEY:**

**GOVERNMENT CENTER,** 800 S. VICTORIA AVE, VTA

ACR	Atlantic Conf Rm, Admin Bldg, Main Plaza
Courtyard	Pergola area--outside between HOJ and HOA
EHS	Employee Health Services HOA, Lower Plaza
MPR	Multipurpose Rm, Admin Bldg, Rm #344, 3rd Floor
PCR	Pacific Conf Rm #1122 (back of cafeteria), HOJ
331	Admin Bldg, 3rd Flr, Conf Rm (top of the escalator)

## **OUTLYING LOCATIONS:**

Cam Arprt	165 Durley Ave, Camarillo Fire Admin Bldg. (Mod A)
Cam DCSS	5171 Verdugo Way, Camarillo
Cam Fire	102 E. Durley Ave, Camarillo Fire Training Ctr, Clsrn 5
E. C. IEC/JCC	2900 N. Madera Road, Simi Valley
Knoll Dr Vta	2323 Knoll Dr, Ventura (4th Flr Conf Rm)
N Oxn PH	2240 E Gonzales Rd, Oxnard
HSA-Vanguard	1400 Vanguard, Oxnard (Sunrise Room)
VCMC-Vta	3291 Loma Vista Rd., Ventura
Vta JCC	4651 Telephone Rd., Ventura
Williams	1911 Williams Dr., Oxnard

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## Your Outlook with Yoga Stretch & Relax:

REGISTER @ [WWW.VENTURA.ORG/REGISTERVCWELL](http://WWW.VENTURA.ORG/REGISTERVCWELL)

Yoga can do more than help you increase flexibility; it can help relieve stress, depression, anxiety, back pain, arthritis and more. Take a break to relax and revitalize, whatever your age, weight or condition. Attend as often as your schedule allows. (Bring a towel or mat and wear loose comfortable clothing.)

**Gov't Center (MPR)--Fridays, 1/12 to 6/29 12-1pm or 1-2pm**

### Outlying Locations 12-1pm :

*(Sign up for one and be registered for both.)*

**Williams**--6 Fridays, 1/12 to 2/16 **and** 6 Fridays, 4/6 to 5/11     **Cam DCSS** --6 Wednesdays, 1/10 to 2/14 **and** 6 Wednesdays, 4/4 to 5/9  
**E.C. IEC/JCC**--6 Thursdays, 1/11 to 2/15 **and** 6 Thursdays, 4/5 to 5/10     **Knoll Dr Vta**-- 6 Thursdays, 2/22 to 3/29 **and** 6 Thursdays, 5/17 to 6/21  
**Cam Arprt**--6 Wednesdays, 2/21 to 3/28 **and** 6 Wednesdays, 5/16 to 6/20     **N. Oxn PH**--6 Fridays, 2/23 to 3/30 **and** 6 Fridays, 5/18 to 6/22

## LOCATION KEY:

**GOVERNMENT CENTER**, 800 S. VICTORIA AVE, VTA

MPR     Multipurpose Rm, Admin Bldg, Rm #344, 3rd Floor



## OUTLYING LOCATIONS:

Cam Arprt     165 Durlay Ave, Camarillo Fire Admin Bldg. (Mod A)

Cam DCSS     5171 Verdugo Way, Camarillo

E. C. IEC/JCC     2900 N. Madera Road, Simi Valley

Knoll Dr Vta     2323 Knoll Dr, Ventura (4th Flr Conf Rm)

N Oxn PH     2240 E Gonzales Rd, Oxnard

Williams     1911 Williams Dr., Oxnard

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