

Health Watch News

FLU SHOTS ON CAMPUS

Flu shots for employees only will be offered **WED, Sept. 23, and THURS, Oct. 22**, at the Downtown Phoenix campus.



IMPORTANT: To receive the shot *at no charge*, you must show BOTH your valid State-of-Arizona issued employee insurance card *and* your valid ASU Sun Card (no exceptions). All benefits-eligible ASU employees are welcome. Non-benefits-eligible employees may receive a flu shot for \$12.

Employees' family members, retirees, student employees, graduate assistants and other students are NOT eligible to receive a shot through this program—and no exceptions will be made. Shots will be given on a first-come, first-served basis for as long as the supply lasts.

TIME/LOCATION

8 am-1 pm | UCENT Building, Room 822A

NO APPOINTMENT NEEDED

Acid-Base Balance and Your Health

Did you know acid-base balance is critical to your health? Do you even know what that means? When your health is poor and you have an increased diet acid load, you might experience a decline in sports performance, loss of muscle mass, an increased risk for osteoporosis and chronic low back pain.

Carol Johnston, Professor and Director of the Nutrition Program of the College of Nursing and Health Innovation, will describe diets with high- and low-acid loads and discuss the scientific evidence linking acid-base metabolism to disease.

Dr. Johnston received her doctorate from the University of Texas in Biological Sciences. She has published more than 85 peer-research articles and book chapters in the areas of vitamin C metabolism, low-carbohydrate and diabetic diets, maternal factors in insulin resistance and vegetarian nutrition.

She is currently investigating the role of vitamin C nutrition in fat oxidation and adiposity risk. Dr. Johnston is researching how vinegar ingestion affects diabetes management, and the relationship between fish ingestion and mental health.

Wednesday, Sept. 30 | Noon-1pm | UCENT 822A

Registration is required: www.asu.edu/hr/training

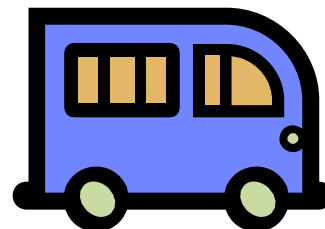
A minimum of 10 participants is required.

DEADLINE TO ENROLL: WED, Sept. 23

QUESTIONS? 480.965.4751

MOBILE ON-SITE MAMMOGRAPHY

Just 15 minutes could save your life! Mobile On-Site Mammography (M.O.M.) provides high-quality mammography service with professional staff using the latest technology. All State-of-Arizona employee insurance coverage is accepted.



Please bring your insurance card, doctor's name and address, and the location(s) of your previous mammograms. Women under 35 must provide a doctor's or nurse practitioner's referral. Baseline mammograms start when you are between 35 and 39; most insurance plans cover women every year after 40.

Friday, October 16 | 7:30-10am

Lincoln Family Downtown YMCA parking lot
350 N. 1st Ave. (between 1st Ave. and 2nd Ave.)

SCHEDULE AN APPOINTMENT: 480.967.3767

Have your insurance card available so M.O.M. can confirm your insurance coverage before your appointment.

PERSONAL STORY

The Myths & Facts of Organ Donation

According to the United Network for Organ Sharing (www.UNOS.org), more than 101,000 Americans—and 1800 Arizona residents—were on the national waiting list for a life-saving organ transplant as of April 1, 2009.

Our guest speaker will tell a personal story regarding organ & tissue donation. The Donor Network of Arizona also will have a representative available to discuss the facts of donation, eliminate misconceptions and answer questions regarding donor registration.

Thursday, Nov. 19 | Noon-1pm | UCENT 822A

Register online: www.asu.edu/hr/training

A minimum of 10 participants is required.

DEADLINE TO ENROLL: THURS, Nov. 12

QUESTIONS? 480.965.4751



Health Watch News is a publication of the ASU Employee Wellness Program, a division of Human Resources.

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