

Health Watch News



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, experienced staff using the latest mammography technology for your safety and comfort. State of Arizona employee insurance coverage is accepted. M.O.M. will authorize and confirm

**TUES, April 21
8am-Noon**

The M.O.M. unit will be on the east side of the Union (Parking Lot 10).

MAKE AN APPOINTMENT

480.967.3767

Have your insurance card available.

your insurance coverage prior to your appointment.

Please bring the following with you to your appointment: insurance card, doctor's name and address, and the location(s) where you had your previous mammograms. Women under 35 must provide a doctor's referral.

Baseline mammograms start at age 35-39, and most insurance plans cover women every year after age 40.

REJUVENATE!

How to Avoid Burnout

Are you stressed, overworked and irritable? This practical, hands-on class offers tools to handle stress and teaches you to rejuvenate naturally. You will learn the power centers for your neck and shoulder problems and the facial rejuvenation points to clear old patterns and help replenish your collagen and skin naturally.

WED, April 8

Noon-1pm
Student Union Annex

REGISTER

Sherry Ramsey | 480.727.1956
Jackie Miller | 480.727.1085
polyhealthwatch@asu.edu

DEADLINE: April 1

Minimum of 15 participants

All meridians begin and end on the face and are connected to specific emotions. Victoria Mogilner, an acupuncturist who trained in China, has practiced more than 20 years and owns Victoria Mogilner Rejuvenation Center in Scottsdale. She is also the author of *Ancient Secrets of Facial Rejuvenation*.



YOGA 101

The word yoga means "union" of the body, mind and soul. Yoga strengthens, stretches, tones and relaxes the body, and alleviates stress and freshens the mind. Learn the benefits and history of yoga, foundational postures and breathing techniques.

Presenter Mary Cornely is a registered yoga teacher who started practicing yoga in 2002 and completed the Southwest Institute of Healing Arts (SWIHA) Yoga Teacher Certification Program.

She is certified as a group fitness instructor, Silver & Fit, Advanced Yoga Training, Yoga for your Lower Back, Hatha Yoga and Breathe, Stretch, Relax & Meditate. Dress appropriately and bring a mat, towel or blanket.

TUES, March 3

Noon-1pm
Student Union Annex Ballroom

REGISTER

Sherry Ramsey | 480.727.1956
Jackie Miller | 480.727.1085
polyhealthwatch@asu.edu

DEADLINE: February 24

Minimum of 15 participants

MINI HEALTH SCREENING

This 30-minute health screening is open to all ASU benefits-eligible employees who have a State of Arizona insurance card.

The screening includes:

- Blood Glucose
- Blood Pressure
- Full Lipid Panel
- Body Composition (% body fat & weight)

Fasting is not required—and you get immediate results. Don't forget your health insurance card.

REGISTER

www.pickatime.com/client?ven=11602212&event=210894



WED, March 4

7:30am-Noon
Union Ballroom C

Minimum of 20 participants



Health Watch News is published by the ASU Employee Wellness Program, a division of Human Resources. P.O. Box 875705, Tempe, AZ 85287-5705 480.727.6517 | www.asu.edu/hr/employee_wellness