

Health Watch News



Divine Relaxation

Are you stressed? This class will feature progressive relaxation techniques followed by a guided imagery exercise designed to help the participants release stress. Speaker Carol Behl will offer participants some tools to use at home (or at the office) to release feelings of tension due to stress. Ms. Behl is a certified hypnotherapist and life coach. She works at Arizona State University as Assistant Director of Academic Programs in the School of Computing and

Informatics and earned her PhD in U.S. History from ASU.

Tuesday, March 31, Noon-1pm, CLCC 146

REGISTER: Email Allison Walas at Allison.Walas@asu.edu

Minimum of 15 participants needed by March 24 to hold this class.

YOGA

Spend an hour experiencing the true essence of Yoga. You will learn many of the benefits of Yoga including increased flexibility, body detoxification, muscle toning, deep relaxation—and even weight loss. Through the practice of asanas (postures) and pranayamas (breathing techniques) participants will have an opportunity to explore Yoga's main aim, which is creating a meditative awareness on and off the mat.



Facilitator Kelly Hilcove, RN, BSN, is a Kripalu/Amrit Yoga Instructor and Dahn Healer. Ms. Hilcove works in the Oncology Unit at Scottsdale Healthcare and has been practicing Yoga for 13 years. Dress appropriately for participation in this class and bring a mat, towel or blanket.

Tuesday, April 14, Noon-1pm, Diablo Performance Recreation (Aerobics Room, UCB B119)

REGISTER: Email Allison Walas at Allison.Walas@asu.edu.

Minimum of 15 participants needed by April 7 to hold this class.

MOBILE ON-SITE MAMMOGRAPHY



Just 15 minutes could save your life! Mobile On-Site Mammography (M.O.M.) focuses on providing 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 your insurance coverage prior to your appointment.

Please bring the following to your appointment: insurance card, doctor's name and address, and the location(s) of 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.

Wednesday, April 29, 8am-Noon

The M.O.M. unit will be in front (north) of Paley Gates in the metered parking area (between FAB and UCB).

MAKE AN APPOINTMENT: 480.967.3767; and have your insurance card available.



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