

# Health Watch News

## PERSONAL STORY

### Organ Donation Myths & Facts

According to the United Network for Organ Sharing ([www.UNOS.org](http://www.UNOS.org)), more than 101,000 Americans—and more than 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 will have a representative available to discuss the facts of donation, eliminate misconceptions and answer questions regarding donor registration.

**TUES, Sept. 15** | Noon-1pm | UCB 266

**Register:** Allison Walas | [Allison.Walas@asu.edu](mailto:Allison.Walas@asu.edu)

**DEADLINE TO ENROLL:** TUES, Sept. 8

A minimum of 15 participants is required.

## MINI HEALTH SCREENING

This “mini” health screening is open to all ASU benefits-eligible employees who have a State-of-Arizona issued insurance card. The 30-minute screening includes:



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

**OPTIONAL:** Bone Density Screening  
**FREE** for women over 40 years old and \$20.00 for women under 40 years old

Fasting is **not** required—and you get immediate results.

A minimum of 20 participants is required. You must bring your State-of-Arizona-issued health insurance card to the screening.

**THURS, Oct. 1** | 7:30 am-1:30 pm | UCB 265

**REGISTER:**

[www.pickatime.com/client?ven=11602212&event=210895](http://www.pickatime.com/client?ven=11602212&event=210895)

## The Four Agreements:

### Tools for Living Your Best Life

In the bestselling book, *The Four Agreements*, Don Miguel Ruiz gives four principles to practice to create balance, success and happiness in life. Committing to these agreements may seem easy, but living them

may be one of the hardest things you will ever do. As you live these principles, your life will dramatically change. Start the transformation by attending this workshop and learning about the agreements and how to incorporate them into your life.

Jennifer DuVal received a Bachelor of Arts in Psychology and Spanish from the University of Arizona and earned a Masters in Social Work from Arizona State University. She has an LMSW through the Arizona Board of Behavioral Health Examiners and is a member of the National Association of Social Workers. Jennifer also received her certification in Eye Movement Desensitization and Reprocessing (EMDR) and Life/Career Coaching.

**WED, Nov. 18** | Noon-1pm | UCB 265

**Register:** Allison Walas | [Allison.Walas@asu.edu](mailto:Allison.Walas@asu.edu)

**DEADLINE TO ENROLL:** TUES, Nov. 10

A minimum of 15 participants is required.

## Flu Shots on Campus

Flu shots for employees only will be offered **TUES, SEPT 8**, at West 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 cannot receive a shot through the program—and there are no exceptions. Shots will be given on a first-come, first-served basis as long as the supply lasts.

**TIME/LOCATION**

**SEPT 8** | 10 am-2 pm | UCB 265

**NO APPOINTMENT NEEDED**



Health Watch News is a publication of 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](http://www.asu.edu/hr/employee_wellness)