

Wellness Activities at Conference

As we continue to adjust to our new location and schedule of Annual Conference, many of the long-standing wellness activities continue. Listed below are the activities and events sponsored by the Wellness Committee of the Conference Board of Pensions

- ✦ **Foot'n It for Relief:** Saturday June 4, 7 am to 9:30 am. Join us on a 5K walk/run to raise monies for the Fit Challenge Disaster Relief fund. The route will be at Grey's Lake around the Lake. Please enter from Fleur Drive. A registration fee of \$15 will go towards Disaster & Flood Relief. Contact Willy Mafuta at w.mafuta@mchsi. to register and for more information.

- ✦ **Self-Guided Fitness Walk:** On the *Riverwalk Trail* found across the street on the river-side of Wells Fargo Arena. Open to all Annual Conference members and visitors. Stretch your legs and enjoy a leisurely walk and talk with your colleagues and friends. Maps are available at the Wellness booth. Open from Saturday afternoon through Tuesday. Organized group walks will be on Monday (6/6) Tuesday (6/7) mornings with gathering time and place To Be Announced at Annual Conference.

- ✦ **Wellness Screening:** Open to **all** clergy and spouses (part-time and full-time), ministry candidates/students even if you aren't on the conference insurance. Monday (6/6) and Tuesday (6/7) mornings 5:30 am- 8:00 am in HyVee Hall.
Included is: a blood-pressure measurement, a self-serve weight measurement, and the following lab tests; glucose, complete blood-cell counts, cholesterol (LDL, HDL, & triglycerides), magnesium, phosphorus, calcium, thyroid, BUN (blood urea nitrogen) and a thyroid level. Men also have blood drawn for a prostate serum antigen. Pre-registration is encouraged. Contact Kae Tritle at bktritle@msn.com
Help Wanted: Medical/lab technicians, Paramedics, Nurses, Respiratory therapists, or Doctors Needed to assist with Blood Pressures during Wellness Screening at Annual Conference 5:30 am until 8:15 am
Contact: Kae Tritle, RN at bktritle@msn.com or call 515-205-8899

- ✦ **Mammogram screening:** Open to all clergy spouses on Monday, June 6. Must have an appointment. Call Iowa Radiology at 515-226-9810. American Cancer Society guidelines apply; over 40 years old, no lumps or problems, and your last one was over 1 year ago. Will need your insurance information and co-pays may apply.

- ✦ **Pedometer Walking Program:** Increase your daily physical activity by walking. Clergy, spouses, and others on the Conference Health Insurance program can sign up for the Virgin HealthMiles "go-zone" pedometer. A UMC logo pedometer is also available for laity to purchase.

- ✦ **Wellness Program and Wellmark Informational displays:** Located in the exhibit area of HyVee Hall. Both the Wellness Program and Wellmark will have information regarding healthy lifestyles, self-care strategies, walking, and other benefits included with your health insurance. Open Saturday through Tuesday to all Annual Conference members and visitors.

I invite you to participate in the above activities as you are led and are able. Please take care of yourself physically, emotionally, and relationally in the midst of our ministry celebration called Annual Conference.

Kae Tritle, RN

