

HCC Happenings

From your SAS Health Care Center

Easy Weekday Dinners

- Wednesday, Jan. 15
- Noon – 12:45 p.m. ET | MS Teams
- [Register here](#)

Ever wonder how nutritionists get healthy meals on the table at the end of a busy workday? Join SAS Nutritionists Jen Sohl-Marion, Kelly Gehle and Ashley Bailey as they share their unique approaches and favorite fast meal ideas that work for their households.

Campus Blood Drive

- Wednesday, Jan. 29
- 7 a.m. – 4 p.m. | SAS Gym, GX002
- [Sign up to donate!](#)

Please consider donating an hour of your time to help save a life! Campus access for retirees & family members: retirees must bring a valid SAS ID and family members must be registered in the SAS Visitor Registration System. Questions? See Red Cross' [frequently asked questions](#) page or contact [Amy Ford](#).

Healthy Habits

- Feb. 3 – March 2
- Online
- [Register by Jan. 29](#)

Want to improve your health but feel overwhelmed with where and how to start? The SAS Healthy Habits Team is here to help! We're here to help you make small adjustments that over time can make a big difference.

This 4-week online program is designed to help you make small improvements in the areas of **stress, sleep, nutrition and movement** that will make a lasting impact on your overall health.

In 2025, you will choose the path that best fits your style – **Self-led** or **Guided**. Regardless of the path you choose to follow, all participants will receive weekly emails with tips and an e-journal, gain access to a Healthy Habits SharePoint site, and engage with fellow participants via weekly connections and a private Viva Engage group.

This program is open to all SAS employees, retirees, domestic partners and adult dependents.

Cultivating Coherence

- Thursdays, Jan. 16 – Feb. 6
- 9 – 10 a.m. ET | MS Teams
- [Register here](#)

Learn to ease stress overload and unlock your ability to gain control over pain, anxiety, heart rate and cognitive function by integrating heart, health and science in just minutes a day. Classes are led by a SAS Health Care Center Certified HeartMath instructor with a focus on coherence building techniques.

Save the Date: Wear Red Day

- Friday, February 7
- 10 - 11 a.m. ET | MS Teams
- [Join session](#)

Let's talk about taking care of our heart as part of National Wear Red Day! WIN is hosting a session, with guests from the RFC and HCC for insights on our wellness & heart health, and a few heart-healthy recipes. Don't forget to wear your **RED** for a picture of attendees in honor of the day

HCC Nutrition Blogs & Other Healthy Happenings at SAS


- [Happy Tummy, Happy Child: 5 Simple Steps to Boost Gut Health](#) Help your child build a strong gut microbiome for optimal health. [Recipe: Peanut Butter Almond Flour Muffins](#)
- [12 Sweet Seasons of Giving](#) Read on to find out what happened to your donated Halloween candy this year and how much was collected. [Recipe: Chocolate Hazelnut Spread](#)
- [ICYMI: 5 stories of the SASlife](#) Take a read through some of our favorite insights to the #saslife – stories about our people, culture and our company.

Connect with Us

- Bookmark the public [SAS Family Website](#) where SAS family members & retirees can stay up-to-date on basic benefit information, health care services, recreation and fitness programs and more.
- SAS Employees: Check out [Well-Being Event Calendar](#) on Inside SAS where you'll find upcoming events offered by the HCC, Work/Life and RFC all in one place.
- Follow us on Viva Engage! [@Health Care Center Happenings](#).
- Parents: easily access important HCC forms, anticipatory guidance handouts and advice for prenatal care through the teen years at sas.com/wellchild.

For more information about Health Care Center events and registration, email us at sas_hcc@sas.com. Thank you for your interest in our happenings. -HCC Staff

To unsubscribe from this newsletter, [follow these instructions](#).

*The Signup application collects certain personal information that you choose to provide about yourself (Profile Information). Profile Information may include name, email address and date of birth.

SAS is collecting Profile Information to facilitate your registration as a SAS retiree or SAS employee dependent in campus events, but Profile Information may also be used to facilitate your registration for and participation in other programs offered through SAS and for other related purposes.

Profile Information will be made available to SAS Signup administrators and to other SAS departments and personnel who use the Profile Information for SAS retiree or SAS employee dependent program and activity registration. SAS may also disclose your profile information to third parties when (i) such third parties are acting on SAS' behalf or in furtherance of its business and such third parties are bound by law or contract to limit their own use of the Personal Information for appropriate purposes; (ii) the disclosure is otherwise legally permitted. SAS may also disclose your profile information to third parties with your consent or in the event of an emergency.

SAS will use reasonable physical, electronic, and managerial procedures to protect Profile Information from anticipated threats or

hazards and from unauthorized access or use. Should you have comments or questions about this Privacy Notice or the use of your Profile Information, you may contact SAS privacy counsel at privacy@sas.com.

By submitting Profile Information and using the Signup application you consent to the collection and use of your Profile Information by SAS for the purposes described above.

