

HCC

Happenings

From your SAS Health Care Center

Wear Red Day

- Friday, Feb. 7
- 10 – 10:45 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, plus a few heart-healthy recipes. Don't forget to wear your **RED** for a picture of attendees in honor of the day.

Healthy Desk Habits

Wednesdays in March | [Register here](#)

Working at a computer can take a toll on our musculoskeletal system and eyes, especially when we get in the zone and forget to move around. Check out our Wednesday webinars and videos in March to set you up to keep your body limber and your eyes healthy.

Ergonomics, Posture and Movement for Desk Work

Wednesday, March 5 | noon – 12:45 p.m. ET | MS Teams and video links

Join Patricia Holdaway from Ergonomics for expert advice on optimal desk setups for posture and a comfortable work environment. Amanda Pack from the RFC will then guide you through desk exercises to relieve muscle tension and stay limber. Plus, receive links to three 15-minute videos demonstrating desk exercises and stretches.

Eye Health in the Digital Age

Wednesday, March 12

You'll be provided with information on the causes and symptoms of eye strain, dry eyes, eye ergonomics and practical tips to keep your eyes healthy and hydrated. Platform and timing to be determined.

Neck Pain Prevention and Management

Wednesday, March 26 | noon – 1 p.m. ET | MS Teams

Join chiropractor, Dr. Brooke Aeikens, DC as she discusses neck pain in desk workers. She will review the best ways to prevent neck pain including demonstrations of simple exercises for prevention and management.

Circadian Rhythm Reset

- Monday, March 10 – Sunday, April 6
- Online (Viva Engage)
- [Register by March 6](#)

Feeling out of sync? Struggling with sleep, energy levels, mood or overall well-being? It's time to reset your internal clock! The **Circadian Rhythm Reset** is designed to help you realign your body's natural cycles for improved vitality, enhanced productivity and better health. Over the course of 4 weeks, you'll receive circadian rhythm science tidbits, tips, resources and a short 3-point check-in every weekday via a private Viva Engage group to help you:

- **Let natural light recalibrate your clock** with time outside daily.
- **Get on a sleep schedule** to optimize your energy and enhance your immune system.
- **Upgrade your eating patterns and timing** to improve digestion and metabolism.

Join us as we share inspiration, track progress and focus on living a more balanced life. ****Since this program is hosted on Viva Engage, it is only open to SAS employees.***

Cultivating Coherence

- Wednesdays, April 9 - 30
- 11 a.m. – noon 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.

HCC Nutrition Blogs & Other Healthy Happenings at SAS


- [Heart health: beyond cholesterol](#) Heart disease is so much more than cholesterol - it is a complex end result of multiple factors driven by food, movement, stress, and even toxin exposure. **Recipe: Orange Maple Glazed Salmon**
- [Magnesium: the vital mineral you likely need more of](#) Magnesium is essential for well over 300 enzymatic reactions in the body. Find out if you are getting enough. **Recipe: Pumpkin seed bars**

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

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