This month’s Lunch ’n Learn lecture series is Wednesday, October 7. This new, free lecture series will be held on room 105 of the Heskett Center beginning at 12:10pm. You are encouraged to bring your lunch. Small snacks will be provided.

Title: "Why Do I Need To Floss?"
Presented by: Dawn McGinnis RD, CDN, MPH
Clinical Educator
Nutrition Department

You should only floss the teeth you want to keep! Brushing without flossing is like watering your body without watering your amputals! The other 35% remains dirty!

Flossing removes the bacteria that escape the toothbrush by hiding in the tiny spaces between teeth. Flossing between your teeth removes food debris and plaque from between the teeth that a toothbrush can’t reach. Plaque causes tooth decay and can lead to gum disease. Recent studies have shown that tooth decay can be prevented by a salt attack or stroke. Flossing is a key component to any good hygiene program.

Camp WU Shock

Camp WU Shock is back! An exciting, family-friendly program designed to keep children ages 5 to 12 involved, active, and safe on their days off from school. Campers will experience a variety of sport activities and games with an emphasis on fun, learning, and participation.

Camp WU Shock days will coincide with USDA 259 in which you are familiar. Camps will be packed with useful swimming tips! Sign up at the Heskett front desk today and be packed with useful swimming tips! Sign up at the Heskett front desk today and bring a friend!!

Lap swimming is an awesome workout for your entire body! Could you use some tips to improve your stroke? Friday, October 23rd, Sheana Clark will be leading a stroke clinic in which you will learn new tips to help improve your stroke! The clinic is open to everyone and will be packed with useful swimming tips! Sign up at the Heskett front desk today and bring a friend!!

Success Story

I am glad to support my staff in using the Heskett Center to improve their physical fitness by offering a flexible lunch program. My staff member, Janet, is an excellent example of a person that has emerald in water aerobics, which requires a longer lunch break to make it work. I see the extra time as a very good investment in better health and fitness, which helps reduce absenteeism and job burnout.

By: Armin Gerhard

Executive Director International Education

Questions, comments, or if you wish to remove your name from the Heskett Headlines & announcements mailing list, call 316-978-5483.