

# ScoreHealth at UMF

The UMF Wellness Committee sponsors ScoreHealth to promote health and wellness.

ScoreHealth is a nationally recognized program created by Sandra and Dr. Burgess Record. This program is being offered by the Healthy Community Coalition.

ScoreHealth is designed to help people take charge of their health through diet, exercise, and controlling high blood pressure, cholesterol and blood sugar. Bone density screenings may be available during various announced ScoreHealth sessions.

At a ScoreHealth visit you will meet with a trained ScoreHealth professional, where you will be tested to assess your quality of health. The professional will also take a case history by asking you questions about your diet, family history, exercise and tobacco use. You will receive a copy of the results. These tests are completely confidential, FREE, and easy!

You do not need to bring anything to your first appointment—just show up! Contact

Nate Morse at [nmorse@fchn.org](mailto:nmorse@fchn.org) to make an appointment. There may also be some select slots for walk-in appointments, so watch for email reminders!



# ScoreHealth Schedule

MTH	DAY	TIME	PLACE
Sept.	19	12:30-4:30	TBA
	27	12:30-4:30	EdC--319
Oct.	3	12:30-4:30	Fac. Mngt.
	10	12:30-4:30	EdC--319
	25	12:30-4:30	EdC--319
	31	12:30 - 4:30	SCCR--123
Nov.	7	12:30-4:30	Fac. Mngt.
	14	12:30-4:30	EdC--319
	28	12:30 - 4:30	SCCR--123
Dec.	5	12:30 - 4:30	Fac. Mngt.
	13	12:30 - 4:30	EdC--319
Jan.	9	12:30-4:30	Fac. Mngt.
	16	12:30 - 4:30	SCCR--123
	24	12:30 - 4:30	EdC--319
	30	12:30 - 4:30	SCCR--123
Feb.	6	12:30 - 4:30P	Fac. Mngt.
	13	12:30 - 4:30P	SCCR--123
	21	12:30 - 4:30P	EdC--319
	27	12:30-4:30P	SCCR--123
Mar.	5	12:30 - 4:30P	Fac. Mngt.
	12	12:30 - 4:30P	SCCR--123
	20	12:30 - 4:30P	EdC--319
	26	12:30 - 4:30P	SCCR--123
April	2	12:30 - 4:30P	Fac. Mngt.
	9	12:30 - 4:30P	SCCR--123
	16	12:30 - 4:30P	EdC--319
	24	12:30 - 4:30P	EdC--319
May	30	12:30-4:30P	SCCR--123
	7	12:30 - 4:30P	Fac. Mngt.
	14	12:30 - 4:30P	SCCR--123
	22	12:30 - 4:30P	EdC--319

SCCR = Student Ctr. Conference Room  
 Fac. Mngt. = Facilities Management  
 EdC=Education Center



The University of Maine at Farmington's  
 Wellness Committee  
 presents:

# Healthy Solutions Now

2007-2008



*Promoting wellness and quality of life for UMF employees*

Schedule is subject to change.

## About the UMF Wellness Committee

The primary purpose of the University of Maine at Farmington's Wellness Committee shall be to provide advocacy, leadership and support for worksite health improvement through activities including continuing education, resource development, pedometer programs, ergonomics and worksite visits, blood pressure screening, cholesterol screenings, blood sugar screenings, stress management resources and networking.

These efforts are directed toward employers, employees/family members and retirees in the Western Maine area.



*In May, UMF received the WELCOA (Wellness Council of America) gold award for having "One of America's Healthiest Companies," given to only a handful of companies each year!*

## Employees Matter at UMF

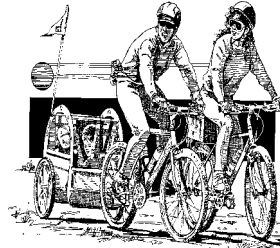
Here at UMF, we want our employees to enjoy happy, healthy lives.

We all know that eating well, exercising regularly, controlling stress levels, and not smoking are a few key ways to stay healthy.

Please feel free to try one of our free programs and see how it will improve your quality of life while having fun at the same time!

*Improve your overall well-being by taking advantage of the programs and resources that we endorse:*

- Pedometer Programs
- Presidential Walks
- Lunch and Learn
- ScoreHealth
- Recipe Sharing
- Fitness and Recreation Center
- Resource Directory
- Smoke Free Corridor
- And more



*For more information or if you have any ideas to share, please contact:*

**Laurie Gardner, co-chair,**

778-7272

lgardner@maine.edu

or

**Jewel Jones, co-chair,**

778-7267

jewel.jones@maine.edu

*Or visit us on the worldwide web at:*

**<http://wellness.umf.maine.edu/>**

## Our Mission

To improve the health, well-being and quality of life of all UMF employees by empowering people to promote and model positive attitudes and behaviors through a lifelong commitment to wellness.

*Objectives:*

1. *Identify high stress times for different locations across campus.*
2. *Identify areas where positive changes can happen to enhance the work environment.*
3. *To help inform UMF employees about existing health-related resources.*
4. *Encouraging input from UMF employees to "have their voices be heard and valued" by using the Wellness Committee as a vehicle of change.*

