



Topic #1: Doing Your Part  
To Stay Heart Smart  
(September 2009 - October 2009)

Topic #2: Controlling Stress  
Before It Controls You  
(November 2009 - December 2009)

Topic #3: A New Year For A New You:  
Weight Management and Balanced Nutrition  
(January 2010 - February 2010)

Topic #4: Spring Into Fitness  
(March 2010 - April 2010)



## Graduate to a higher level of health!

- ❖ Another exciting semester filled with four NEW health seminar topics, post-seminar bonus activities, weekly e-mail health tips and a special random drawing for each topic with a chance to win a **DelaWELL prize basket** of donated items like a gift certificate for a **FREE, ½ hour massage**
  - ❖ Attend each of the four different health seminar topics and receive a **“DelaWELL University Diploma”** signed by Governor Jack A. Markell to commend your outstanding commitment to health education and be entered into a random drawing for your chance to **win a FREE, 3-month YMCA family membership** (generously donated by the YMCA of Delaware)



### What did participants say about the last semester of DelaWELL University?

*"Very educational. The speaker was excellent- very knowledgeable and humorous. Made learning fun and really gave me a total incentive to get healthy."*

*"Very glad I attended. Great work benefit."*

**To register for a health seminar near you, visit [www.delawell.delaware.gov](http://www.delawell.delaware.gov) and click on the “Health Seminars” link. (Employees Only)**