



Strive for Five!

Five minutes of stretching each day can help improve flexibility and reduce muscle tightness and pain. When stretching, focus on the area that you are stretching and take a deep breath in to the area. Release as you exhale.

Stretching is an extremely important practice to add to your daily routine. It will lead to better health by sending blood through your body, fueling your muscles and calming your mind.

[Click here to learn more!](#)



DSC's Department of Health and Wellness and Employee Benefits Department have teamed up to present a Seminar for National Athletic Training Month and National Nutrition Month!

Injury Prevention in Exercise & Healing Foods

Thursday, March 28, 2019

12:00-1:00 pm

Main Campus/Building 150

Auditorium

Assistant Athletic Trainer:

Darcy Schroeder, MS, LAT, ATC, ACSM-CPT

Nutrition Professor & Sports RD:

Mary Olshefski, MS, RDN, CSSD

No appointment necessary!

Come and Enjoy all that this Seminar has to offer! Small snack buffet will be available with lots of wonderful options to try!



March 26 ~ American Diabetes Alert Day

- Type 1 diabetes is an autoimmune disease. The immune system attacks and destroys cells in the pancreas, where insulin is made. It is unclear what causes this attack. About 10% of people with diabetes have this type.
- Type 2 diabetes occurs when your body becomes resistant to insulin, and sugar builds up in your blood.
- Prediabetes occurs when your blood sugar is higher than normal, but not high enough for a diagnosis of type 2 diabetes.
- Gestational diabetes is high blood sugar during pregnancy. Insulin-blocking hormones produced by the placenta cause this type of diabetes. [Click here to continue to learn more!](#)