

# Wellness Wire



Employee Benefits Dept. July 2019

## From Sea to Shining Sea!



Nothing says summer like the 4th of July! Independence Day!

We celebrate this day with backyard barbeques, playing on the beach, heading to the races, and of course, watching the fireworks display. Our areas offer many opportunities to enjoy a day of activities.

But the heat and sun can be detrimental and being prepared is your best defense.

Some things to remember if you are heading out during the day:

1. Sunscreen
2. Water
3. Hat
4. Sunglasses
5. Cooling Towel

Enjoy every minute of the day!

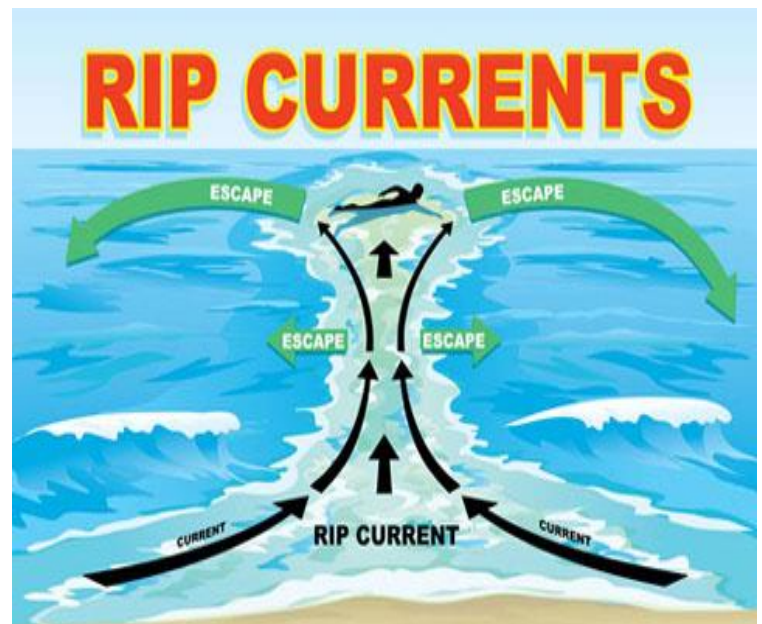
## Break the Grip of the Rip!

IF CAUGHT IN A RIP CURRENT:

- Don't fight the current. You will wear yourself out and compromise your energy.
- Swim parallel to the beach to get out of the current, then head to shore.
- If you can't escape, float or tread water. The current will subside and you will be able to swim parallel to the beach and have the energy to swim to shore. Don't panic!
- If you need help, wave for assistance.
- Always try to swim near a lifeguard.

Check out the Volusia County Lifeguards Beach Safety Tips and Webcams.

Click here: [Beach Safety and Webcams](#)





The beach warning flag program uses the colors adopted by the International Lifesaving Federation, with symbols added to clarify the meaning of the flags. The program also includes the placement of interpretive signs along the beach to explain the meaning each flag used in the warning system.

To the extent of available funds, the warning flags and interpretive signs are provided free of charge to local governments that provide public beach access. The communities that receive the free warning flags and interpretive signs are responsible for the installation, proper use, and maintenance of the flags and signs. Public beaches utilizing a warning system must adhere to the state's uniform warning flag program.

## Upcoming Health Events For DSC Employees

**July 10, 12-1pm**

### Webinar—Turn Down the Pressure

High Blood Pressure is known as the “silent killer” and affects almost half of the adult population. Whether you have high blood pressure or just want to avoid it.

Learn how easy it is to turn down the pressure.

Presented by: Florida Blue, Cheryl Davis, Health Educator

**[Sign Up Today! Click Here!](#)**

**July 24th, Main Campus**

**Personal Health Assessment**

**July 30th, ATC Campus**

**Personal Health Assessment**

**July 31st, DeLand Campus**

**Personal Health Assessment**

**July 31st, Deltona Campus**

**Personal Health Assessment**

**[Use the Pick-A-Time to schedule your appointment today!](#)**

**[Click HERE to schedule your appointment.](#)**

**Get a raffle ticket at the event for a chance to win a Fitbit or Bicycle!**

# Beat the heat with this great treat!



## Lox & Cream Cheese on Crackers

Revamp your bagel order with this lower-carb, yet filling version. Top a few whole-grain crackers with cream cheese or another spreadable cheese spread, a slice of smoked salmon, and a sprinkle of everything bagel seasoning or fresh herbs. Voila, a low carb snack that is easy and ready to go!

[Find more quick recipes for summer at Prevention:](#)

[Click HERE!](#)