

# HEALTH & WELLNESS

VANDERBILT

FACULTY & STAFF

The Occupational Health Clinic  
The Vanderbilt Child and Family Center

Health Plus  
Work/Life Connections-EAP

# Connection

Providing programs that support the health and productivity  
of Vanderbilt's most valuable asset... YOU!

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## Get your flu vaccine

**The Occupational Health Clinic (OHC) kicked off its yearly flu vaccine campaign September 7 with a Flu Tent in front of Eskind Library.** If you missed the tent, don't worry — there are still plenty of opportunities to get your annual flu shot. OHC's vaccine sites abound in the Medical Center, on the main university campus, at One Hundred Oaks, and at off-campus departments and clinics. The OHC Late Night Cart will also have flu vaccine to serve the night and weekend hospital staff. New for 2010!

Visit the Flu Kiosk at rotating locations throughout flu season.

Check out the Occupational Health Website to find locations, dates, and times to get your flu shot.

OHC is also offering flu vaccine in its main clinic, 640 Medical Arts Building, 8 a.m. – 5 p.m., throughout flu season. Medical students can receive a vaccine by going to Vanderbilt Student Health.

### REMINDERS:

- **H1N1 vaccine is in the seasonal flu vaccine! One shot only this year!**
- Flu vaccine does not give you the flu!
- Flu vaccine is usually 70% – 90% effective in preventing the flu.
- It takes two weeks for the body to develop immunity or protection after getting the vaccine.
- You can spread the flu to others even before you feel bad yourself. Don't give the flu to your patients or loved ones.

Visit <http://occupationalhealth.vanderbilt.edu> for convenient shot locations throughout the flu season.

Don't get the flu.  
Don't spread the flu.  
Get vaccinated!

### Go for the Gold Deadline October 31!

Check your 2010 completion status by visiting the Health and Wellness Information Portal at <http://myhealthandwellness.vanderbilt.edu>.



## Mark Your Calendar

**October 1** Start! Challenge 4 Begins

**October 14** Senior Leader Walk

**October 31** Go for the Gold 2010 Deadline

**November 15** Hold the Stuffing Challenge Begins

**November 18** Great American Smokeout



*Margaret Head,  
RN, MSN, MBA  
Chief Nursing Officer  
Vanderbilt Medical Group*

## Leading by example

*Vanderbilt Leaders Making  
Wellness a Priority*

### A favorite place to be active?

My family and I like to hike in the state parks in the area. Anything outdoors. I've also recently taken up swimming and water aerobics at the YMCA.

### Your healthy lunch for a busy work day?

The salad bar in the VUMC cafeteria is a fast, convenient lunch — with healthy choices, of course.

### A family tradition that makes you smile?

We love the Texas Gulf Coast and spend as many vacations as possible there. We enjoy crabbing and fishing in Galveston Bay together with family and friends.

### What was the last book you read?

The *Percy Jackson and the Olympians* adventure series by Rick Riordan (with my son).

### What is one of the ways Vanderbilt helps you maintain a healthy lifestyle?

I am a lifetime member of Weight Watchers and go to the Weight Watchers at Work meeting on Wednesdays at Medical Center East.

## The Healthy Pulse

ON FACULTY AND STAFF AT VANDERBILT

### Survey reports enhanced job satisfaction and productivity

**The Vanderbilt Child and Family Center provides quality early childhood education and care for children ages 6 weeks to 5 years. As more and more adult children find themselves the primary caregivers for their parents, the Center has expanded its services to include resources regarding elder care. There are also two options for back-up care for adults and children; Vanderbilt Sitter Service and Parents in a Pinch.**

Each year a parent survey is conducted to evaluate parent satisfaction and to evaluate areas for improvement. In May 58.3% of the parents responded with the following results:

- **98.3%** felt that the provision of child care contributes to their job satisfaction and supports their efforts to balance work and family life.
- **97.3%** felt that the Vanderbilt Child Care Center allowed them to have a better balance between work and family.
- **95.1%** felt that the Vanderbilt Child Care Center has allowed them to be more productive.

To learn more about the services offered, visit the Vanderbilt Child and Family Center Website at <http://childandfamilycenter.vanderbilt.edu>.

### Outdoor exercise has remarkable effects on mental health

**Researchers at the University of Essex in England found that spending just five minutes a day doing a “green activity” like walking, gardening, or cycling may be enough to improve your mood and boost your self-esteem.**

All natural environments, including parks in towns or cities, provide “green benefits,” but the study found that areas with water seem to have the most positive effect.

Did you know Vanderbilt University is a national arboretum with over 170 species of beautiful trees and shrubs? Try a Vanderbilt Tree Tour by visiting <http://bioimages.vanderbilt.edu/arboretum.htm> or choose one of the Start! campus walking routes that can be found at <http://www.mc.vanderbilt.edu/start/maps.php> to begin enjoying the great outdoors at Vanderbilt!

Source: *Journal of Environmental Science & Technology*, Vol. 44, pg.3649

## The Counseling Corner



### Q: Dear Counselor,

I have been having problems sleeping lately. I have a hard time falling sleep and then I wake up in the middle of the night and can't stop thinking about things. It is like a tape I can't turn off in my head. It makes me feel tired all the time and I can't focus at work the way I use to. I've always been somewhat of a worrier, but now I am stressed and anxious all the time. What can I do about this?

*Sleepless in Nashville*

### A: Dear Sleepless in Nashville,

I am wondering if there have been stressful events in your life over the past year or two. Or are you currently dealing with multiple pressures at once? If you have tended to be a worrier, stressful events can turn worry into ongoing anxiety that can greatly impact the quality of your life. Sleep deprivation makes everything worse. Here are a few things to try to see if it helps with your sleep:

1. Get exercise during the day, but not right before bedtime.
2. Do some calming activities prior to bedtime — a bath, limit TV dramas or news before sleep, or download and listen to the wellcast-Relaxation: *Finding the Calm Within You* at <http://worklifeconnections.vanderbilt.edu/wellcasts/relaxation-audio>.
3. Keep a pad and pencil by the bed to jot down those pesky thoughts you think of that you want to remember and then let them go.
4. Reduce alcohol consumption and caffeine before bedtime, since they change the quality of your sleep rhythms and dreams.

If that does not work, I would strongly recommend professional help. With treatment, you can get improved sleep, reduce the nighttime mental chatter, and feel more like yourself during the day. A good place to start is a confidential appointment with Work/Life Connections-EAP. The counselor conducts an assessment interview and can connect you to resources that can help you feel better. Call 936-1327 for a confidential assessment.

This month's counselor is *Ellen Clark, LCSW CEAP*, Clinical Counselor at Work/Life Connections-EAP

# health yourself

## Hold the Stuffing

Keep the holiday weight gain on hold with **Hold the Stuffing!**

Health *Plus* invites you to control the typical holiday weight gain by joining the yearly Hold the Stuffing challenge to maintain weight from Thanksgiving through the new year. A total of 799 people completed the program in 2009 and 496 people lost or maintained their weight.

To participate, simply weigh in at one of the Hold the Stuffing weigh-in stations the week before Thanksgiving (November 15 – 20) and the week after New Year's (January, 2011). If you maintain your weight (okay, you can gain up to two pounds)\* you will be entered into a drawing for one of 10 Nike Sportsbands (great for tracking physical activity, setting goals, and calculating calories burned, plus much more).

Vanderbilt off-site locations: Call Health *Plus* at **343-8943** to receive a "Do Your Own Hold the Stuffing" tool kit and stay connected to the fun.

### INITIAL WEIGH-INS:

#### Monday, November 15

\*\*10 a.m. – 3 p.m., Light Hall, North Lobby

11 a.m. – 2 p.m., Wyatt Atrium

#### Tuesday, November 16

11 a.m. – 2 p.m., Baker Building, Room 1110

#### Wednesday, November 17

7 a.m. – Noon, Courtyard Café

10 a.m. – 2 p.m., Preston Research Building, Lobby

#### Thursday, November 18

\*\*11 a.m. – 2 p.m., Crystal Terrace, Room 201

11 a.m. – 1 p.m., One Hundred Oaks, 1st Floor Conference Room

#### Friday, November 19

10 a.m. – 2 p.m., Vanderbilt Children's Hospital, Room 2104

11 a.m. – 2 p.m., Owen School of Business, Room 106

#### Throughout the week of November 15 – 20

Mon. – Fri., 5 a.m. – 9 p.m., Sat., 8 a.m. – 2 p.m., Health *Plus*, Kensington Garage

Mid-season (optional) and final weigh-ins will be posted in the December 2010/January 2011 *Connection* newsletter and on the Health *Plus* Website at <http://healthplus.vanderbilt.edu>.

\*\* These locations will offer a glucose (blood sugar) screening in partnership with the Vanderbilt Diabetes Center.

\* If you are trying to gain weight, Health *Plus* can work your individual goal into this program.



## Start!

Walk with Mayor Dean and Chancellor Zeppos!

start!

The annual Health *Plus* Senior Leader Walk is scheduled for Thursday, October 14 from Noon – 12:45 p.m. Join Mayor Karl Dean, Chancellor Zeppos, Dean Jeff Balser, MD, and other senior leaders for a campus walk beginning at a variety of points and ending on the Health *Plus* balcony. Visit the Health *Plus* Website at <http://healthplus.vanderbilt.edu> for details on walk starting points and a schedule of events.



Vanderbilt observes National Start! Walking Day on April 7, 2010.

## Win a T-shirt! Challenge 4 begins October 1

Now is the perfect time to join in the fun with Start!. Find an activity you like and track it on the online tracker. Your activity will be converted to steps. Complete 200,000 steps by December 31 and receive a T-shirt as your prize.

## Walking Wednesdays

Join Health *Plus* Group Fitness Coordinator Lori Cowan as she leads a 30-minute walk every Wednesday through November 3. Meet Lori at the Medical Center North shuttle drop off at Noon. Walk until 12:30 p.m., rain or shine (if it rains we walk in the tunnels). Two groups will be led by Health *Plus* each week, one for fast-paced walkers and one for slower-paced walkers.

For details contact Group Fitness Coordinator Lori Cowan at **343-6576**, or [lori.l.cowan@vanderbilt.edu](mailto:lori.l.cowan@vanderbilt.edu).

Visit the Start! Website at <http://healthplus.vanderbilt.edu> to learn more about the Start! Physical Activity Program, or to register. Click on the green start logo.

## Halloween is lurking around the corner — what will you do with all the candy your child brings home?

Each year children love to go door to door and trick or treat. While this is tons of fun for the kiddos, it often leaves parents wondering if their child is eating too much candy. While a little candy is a nice treat, too much candy can cause the treat to turn into a monster of a problem. Here are some tips on ways to curb your child's sweet tooth!

- Tell your child before going trick or treating how many pieces of candy they will be allowed each day. Limit it to one or two pieces each day.
- Allow your child to select the candy at a time he or she is NOT hungry. Put them in a special place for later.
- Consider talking with your child about an opportunity to donate half of the candy to a shelter or some other organization that can use candy that is not damaged.
- Use the candy to make a holiday gingerbread house!

Remember that candy is not appropriate (choking hazard) for young children. Young children probably do not understand the concept of trick or treating; focus on the fun of getting dressed up and walking around the neighborhood with Mom, Dad, or another adult. Parents, see the above tips for your candy consumption, too! Have a safe, HEALTHY Halloween!



# Health n

## Vanderbilt weekly Farmers' Market fall harvest now in

Stop by and shop to pick up locally grown produce on the Vanderbilt Medical Center Plaza every Thursday afternoon through October 28 from 3 to 6 p.m. Buy all natural and grass-fed meat, all natural dairy products, healthy baked goods, fruits and vegetables, flowers, and more from local farmers and artisans.

### What's fresh for October?

Apples, arugula, beets, greens, herbs, honey, winter squash, and more!

The Vanderbilt Farmers' Market is a Health *Plus*, Monroe Carell Jr. Children's Hospital at Vanderbilt, and Nashville Farmers' Market collaboration.



## Watch them like a hawk

**Be mindful to keep small objects and food out of the reach of children, even when you're close to them.** Within seconds a child can put something in his or her mouth that may cause choking. Anything that can fit in an empty toilet paper roll (approximately 1¾" in diameter) can cause choking.

Foods are the most common choking hazard for children under 3 years of age. Avoid smooth, sticky foods like peanut butter and round, firm foods like hot dogs or carrot sticks unless they are cut into bite-size pieces no larger than ½ inch. Whole grapes, popcorn, raisins, nuts, chunks of meat or cheese, and chewing gum are also choking risks.

Dr. Tracy L. McGregor, MD, Assistant Professor of Pediatrics at Vanderbilt adds "Parents and caregivers should be aware that children, even older children, can choke on food, candies, and many non-food objects. They should also be familiar with the treatment of a choking child of different ages, as the procedures differ depending on the child's size."

Sources: American Academy of Pediatrics; [www.healthychildren.org](http://www.healthychildren.org)

Reviewed and commented on by Dr. Tracy L. McGregor, MD, Assistant Professor of Pediatrics, Division of Medical Genetics and Director, Vanderbilt Down Syndrome Clinic

## PASSIONATE ABOUT WELLNESS? Become a Health *Plus* Wellness Commodore

Peabody Library's Steven Dunning is one of over 50 Wellness Commodores at Vanderbilt. Commodores communicate to faculty and staff in their area about Health *Plus* programs and services, help Health *Plus* staff understand their department's needs and interests, and act as role models for wellness.

Steven encourages the staff at Peabody Library to be healthy. "I usually get a few 'thank you'(s) for keeping everyone informed." Steven swims, walks, does Tai Chi, and exercises at Health *Plus*. Learn more about becoming a Wellness Commodore for 2011 on the Health *Plus* homepage at <http://health-plus.vanderbilt.edu>.



*“I was so naïve as a kid I used to sneak behind the barn and do nothing.”*

— Johnny Carson

#### Health and Wellness Connection

newsletter editor: Stacey K. Kendrick, MS, Coordinator of Health Promotion, Faculty and Staff Health and Wellness

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## Amazing apples

### Why this age-old favorite could be the next ‘super fruit’

Most types of apples are now available year round, but fall is the peak time to enjoy locally grown apples in their myriad varieties — 2,500 different types are grown in the U.S.

Here are the core facts on some popular favorites:

VARIETY	QUALITIES AND BEST USES
<b>Braeburn</b>	Firm and hard with a tangy-spicy flavor. Good for all types of uses.
<b>Empire</b>	Crisp and juicy, sweet flavor. Also a multi-purpose variety.
<b>Fuji</b>	Firm and sweet. Named for Mt. Fuji in Japan, where it was developed. Good for snacking and sauces. Stores very well.
<b>Golden Delicious</b>	Firm and juicy. Best flavor may develop in cooking. Pies made with this variety need less sugar.
<b>Granny Smith</b>	Hard and very tart. Adds a zing to salads. Delicious in sauces and pies.
<b>Honey Crisp</b>	Crisp, juicy, and sweet — but not too sweet. This new variety is great for snacking and salads and also stores well.
<b>Jonagold</b>	Blend of Jonathan and Golden Delicious. Sweet-tart flavor makes it perfect for baking whole.
<b>McIntosh</b>	Very aromatic and spicy. Soft flesh cooks down easy for sauces. Does not keep well.
<b>Pink Lady</b>	One of the newest varieties on the market. Soft pink color, sweet, tangy, and versatile.
<b>Red Delicious</b>	Most well-known apple in the U.S. Slightly firm flesh and sweet taste make it an ideal snack.
<b>Rome Beauty</b>	Crisp, tart, with very thick skin. Best for baking whole, but not recommended for pies.

Sources: U.S. Apple Association; Washington State University Cooperative Extension

### Eating-Well Recipe

#### Spicy Apple-Filled Squash

The comforting flavors of fall

- 1 acorn squash (about 1 lb.)
- 1 Golden Delicious apple, peeled, cored, and sliced
- 2 tsp. melted butter or margarine
- 2 tsp. brown sugar
- 1/8 tsp. cinnamon
- 1/8 tsp. nutmeg
- Dash ground cloves

Heat oven to 350°F. Grease a 1-quart baking dish. Halve squash and remove seeds; cut into quarters. Place quarters, skin side up, in dish and cover; bake 30 minutes. Meanwhile, in medium bowl, combine apple, butter, brown sugar, cinnamon, nutmeg, and cloves.

Turn cut sides of acorn squash up; top with apple mixture. Cover and bake 30 minutes longer or until apples are tender.

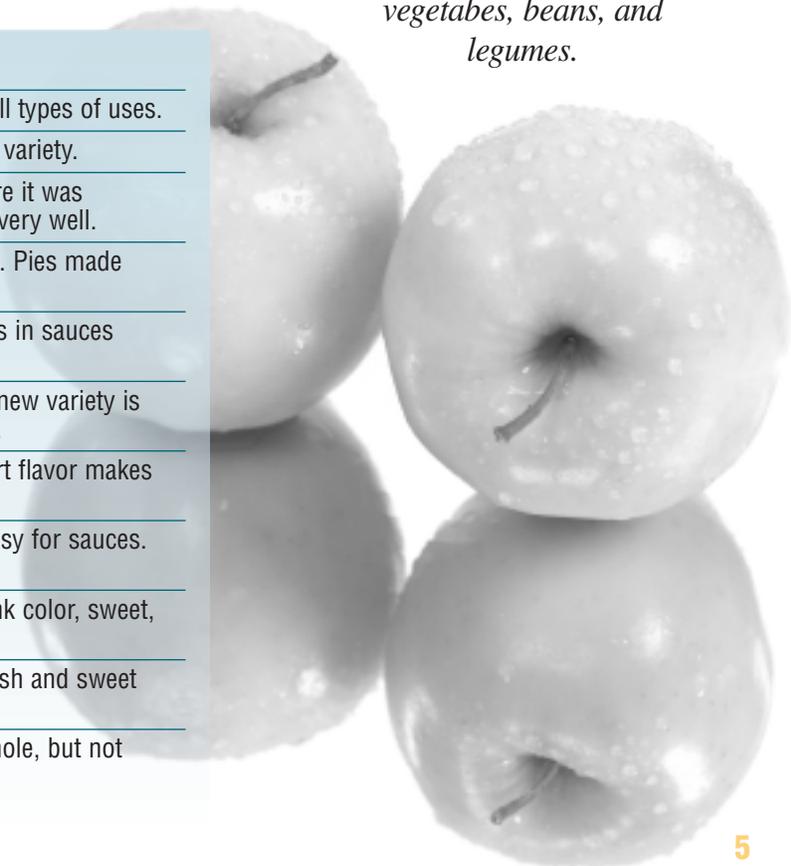
Serves 4. Per serving: 88 calories, 1 g protein, 17 g carbohydrate, 3 g fiber, 3 g fat, 24 mg sodium.

Source: Washington State Apple Commission

### Smart Living



*Eat low on the food chain — that means lots of fruits and vegetables, beans, and legumes.*



# family health

Health *Plus* and the Vanderbilt Diabetes Center partner to increase diabetes and obesity awareness

**November is American Diabetes month. Throughout the month, the Vanderbilt Diabetes Center (VDC) will sponsor activities and partner with Health *Plus* to increase awareness about the seriousness of diabetes and obesity. Please mark your calendars for these upcoming events:**

- **October 30** Diabetes Family Day
- **November 6** Step Out to Fight Diabetes - ADA, Edwin Warner Park
- **November 3 and 10** Lunch and Learn: Diabetes and Obesity
- **November 15 and 18** Glucose (blood sugar) screening measurements with Health *Plus* at Hold the Stuffing locations. See page 3 for details.

The VDC provides a comprehensive approach to diabetes treatment, prevention, training, and research. The Vanderbilt Eskind Diabetes Clinic provides complete clinical care for both adults and children with diabetes.

Specific details on the above events can be found at <http://www.vanderbiltdiabetes.org>.

Quit smoking for 24 hours or encourage someone who does on November 18

**The Great American Smokeout is a national event to encourage all smokers to kick the cigarette smoking habit, for at least 24 hours. Health and Wellness will provide tool kits with goodies, a book, and tips for successfully stopping smoking at Health *Plus*, the Occupational Health Clinic, Work/Life Connections-EAP, the Child Care Centers, and at other designated places on the Vanderbilt campus. Call 343-8943 or e-mail [health.plus@vanderbilt.edu](mailto:health.plus@vanderbilt.edu) to have a goodie bag sent to your campus address.**

For a variety of self help resources, medical resources, and support resources visit the Health and Wellness Website at <http://healthandwellness.vanderbilt.edu/article/tobacco-cessation-resources>.

## Diabetes At-A-Glance

Diabetes, or a high level of blood glucose, can lead to serious health problems. It can affect children or adults. Type 1 diabetes requires insulin to control the blood sugar because the body cannot produce its own insulin. Type 2 diabetes requires diabetes medications or insulin therapy to control blood sugar. The number of people with Type 2 diabetes is on the rise — fueled largely by the increase in obesity. Statistics indicate Tennessee ranks third in the nation for prevalence of diabetes. However, diabetes prevention and management are proven, possible, and powerful concepts.

### WARNING SIGNS

- Increased thirst
- Urinating frequently
- Blurry vision
- Feeling tired
- Losing weight without trying
- Sores that are slow to heal
- Losing feeling or tingling in the feet

### RISK FACTORS

- Obesity — BMI greater than 30
- Mother, father, or sibling with diabetes
- Member of a high-risk group (African American, Hispanic, Asian, or American Indian)
- Having a baby weighing more than 9 pounds, or having diabetes during pregnancy
- Blood pressure at or above 140/90 mm/Hg
- Abnormal blood fat levels

### HEALTH PROBLEMS LINKED TO DIABETES

- Seventh leading cause of death
- Cardiovascular disease is the leading cause of death among people with diabetes
- Leading cause of blindness in adults
- Leading cause of kidney failure
- Leading cause of non-traumatic amputations

For additional information contact the Vanderbilt Diabetes Center (<http://www.vanderbiltdiabetes.org>).



# take care

## OHC TALK: KNOWING YOUR MEDICINES

**Candance A. Alexander, FNP-BC, MSN,**  
Nurse Practitioner, Vanderbilt Occupational Health Clinic



Approximately 30 – 50% of individuals that take medications do not take them correctly. This results in increased doctor's visits, hospital stays, and lost wages. All of this costs Americans more than \$100 billion each year. Adults often take care of medicines for the whole family. So it is vital to read the label, avoid problems, ask questions, and keep a record.

### READ THE LABEL

Before you take any medicine, read the label. The label should show:

- **List of ingredients** — If you have previously been allergic to an ingredient in the medication, do not take it.
- **Warnings** — Read these carefully and discuss any concerns with your physician or pharmacist.
- **The expiration date** — Do not use a medicine after the date on the bottle. It may not work as well.

### AVOID PROBLEMS

**All medications have the potential to cause side effects.** Depending on the medication, side effects can include: drowsiness, nausea, vomiting, bleeding, headaches, or rashes. Discuss side effects with your pharmacist, doctor, or nurse.

#### Organize your medicines.

- Do not skip taking your medicines.
- Do not share medicines.
- Do not take medicine in the dark.

### ASK QUESTIONS

- What is the medicine's name?
- Is there a generic available?
- Why am I taking this medicine?
- When should I take it?
- Should I take this on an empty stomach or with food?
- Is it safe to drink alcohol with it?
- If I forget to take it, what should I do?
- How much should I take?
- How long am I to take it?
- What problems should I watch for?

**KEEP A RECORD** of medicines you use, including the dosage and times that you take the medication.

## 4 terrific ways to tame anxiety

- 1. Slow down, step away from your problems and put them in perspective.** Instead of aiming for perfection, which is impossible, be proud of how close you get.
- 2. Take the power out of your automatic negative thoughts.** It may sound surprising, but trying to avoid negative thoughts can make them even more powerful. When you find yourself saying things like "I'm stupid" or anything else scary or negative, constantly repeat the thought to yourself out loud. Psychologists have discovered that if we keep saying something over and over — about 50 to 100 times — it loses all meaning and the power to hurt us. *Hint:* Don't believe the words — just repeat them until they lose power.
- 3. Reach out to help someone else.** It's a sure-fire way to make yourself feel better and forget about your problems, if only for a while.
- 4. Focus on what's positive about the present** instead of dwelling on the past or worrying about the future. Meditation, deep breathing, and listening to music are ways to help you stay in the present moment.

If anxiety is ongoing and interferes with your daily functioning, seek professional help. Contact Work/Life Connections-EAP for a confidential appointment at **936-1327**.

*Sources: Anxiety Disorders Association of America; Leave Your Mind Behind, The Everyday Practice of Finding Stillness Amid Rushing Thoughts, by Matthew McKay, PhD, and Catharine Sutker, New Harbinger Publications*

*Reviewed by: Richard C. Shelton, MD, Vice Chair for Research, Department of Psychiatry, James G. Blakemore (Research) Professor of Professor of Pharmacology at Vanderbilt*

Vanderbilt Health & Wellness  
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## upcoming events

### Babies and You

**Babies and You is a prenatal education program sponsored by Health Plus that is offered to full-time faculty, staff, and their dependents.** The program focuses on early prenatal care and the prevention of birth defects and low birth weight. Sign up for Babies and You within the first trimester of pregnancy, and your baby may be eligible to receive a \$100 (taxable) savings bond when he or she is born. After the birth of your baby, you will qualify for one free home visit by a registered nurse. The service is available for Davidson and surrounding counties.

#### UPCOMING CLASSES FOR BABIES AND YOU:

**October 22, noon to 1 p.m.**  
**Caring For Your Newborn**  
Alice Rothman, MD  
Vanderbilt Pediatrics  
Location: MRB 3, room 1220

**November 18, noon to 1 p.m.**  
**Breastfeeding: A Positive Choice**  
Carol Huber, RN,  
Perinatal Education  
Location: Light Hall, room 411

For more information or to register online, visit  
<http://healthplus.vanderbilt.edu/service/babies-and-you>.



## Health Plus Group Fitness News to Know...

■ **Fitness Through Dance** classes are offered at the Kensington Garage location on Monday nights from 6:15 – 7:15 p.m. in studio 1. For a really fun change of pace try out Bellydance in October and Zumba in November and December.

■ **The Superclass** wrapped up the Aerobic Challenge on August 19 at Health Plus with a great turnout! Everyone that took the challenge and those that earned at least 45 points had their name entered in a drawing. The four winners were: Kim Smith, Jane Zubulake, Ibtisam Latif, and Tamekia Davis. They all won a \$25 gift card to Dick's Sporting Goods. Congratulations winners! Look for the challenge again in May 2011.



■ **The new Fall 2010 group fitness schedule** is now available on the Health Plus Website at <http://healthplus.vanderbilt.edu>, or pick up a copy at Health Plus.

There is no need to sign up for classes, just show up! All classes are offered at no charge for Vanderbilt full-time faculty and staff. Unless otherwise indicated, all classes are held at Health Plus, Kensington Garage.

**For details, call Group Fitness Coordinator Lori Cowan at 343-6576, or contact her at [lori.l.cowan@vanderbilt.edu](mailto:lori.l.cowan@vanderbilt.edu).**

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