



AlamoWELL

The Employee Wellness Program

January 2019

WELLNESS CONTACTS

Northest Lakeview College

Bulmaro Barajas
Client Support Specialist
bbarajas@alamo.edu

Northwest Vista College

Daniel Johnson
Senior Coordinator: Student Success
djohnson84@alamo.edu

Karla Ellis
Associate Professor
kellis14@alamo.edu

Palo Alto College

Alexis Lowe
Associate Professor
alowe9@alamo.edu

Shanea Allen
Athletic Director
sallen83@alamo.edu

Edward Moreno
Intramural/Extramural Specialist
emoreno131@alamo.edu

San Antonio College

Linda Casas
Facility Manager
mcasas@alamo.edu

Brad Dudney
Associate Professor
bdudney@alamo.edu

St. Philip's College

John Gomez
Media Tech I
jgomez4@alamo.edu

Edinir de Oliveria
Admin Assistant to the VP
edeoliveira2@alamo.edu

Daniel Williams
Kinesiology
dwilliams@alamo.edu

District Support Offices

Carmen Arnoni, Jr.
Wellness Coordinator
carmoni@alamo.edu

Upcoming Wellness Lunch 'N Learns & Events

Sign up today in AlamoTalent!

Stress

All stressed out? Learn how to manage your stress through mindfulness.

Date	Start Time	End Time	Location	Topic	Presenter
1/15	12:00 p.m.	1:00 p.m.	SPC CLR 301	Mindfulness	Lucy Ziegler, LPC

Nutrition

Need help making the right choices when it comes to eating? This session can help you achieve a more balanced eating pattern.

Date	Start Time	End Time	Location	Topic	Presenter
1/17	12:00 p.m.	1:00 p.m.	SPC CLR 301	Reading Food Labels	Carmen Arnoni Jr., CHES

Cervical Health Awareness

Stop by at any of the listed locations for educational material and more.

Date	Start Time	End Time	Location	Topic	Presenter
1/23	9:00 a.m.	10:00 a.m.	Sheridan St. Killen Center	Cervical Health Awareness	Carmen Arnoni Jr., CHES
1/23	11:00 a.m.	12:00 p.m.	Houston St. Lobby	Cervical Health Awareness	Carmen Arnoni Jr., CHES
1/23	2:00 p.m.	3:00 p.m.	Pat Booker Lobby	Cervical Health Awareness	Carmen Arnoni Jr., CHES

January is Cervical Health Awareness Month

Each year, more than 11,000 women in the United States get cervical cancer.

HPV (human papillomavirus) is a very common infection that spreads through sexual activity and it causes almost all cases of cervical cancer. About 79 million Americans currently have HPV but many people with HPV don't know they are infected.

The good news:

- The HPV vaccine (shot) can prevent HPV
- Cervical cancer can often be prevented with regular screening tests and follow-up care

In honor of National Cervical Health Awareness Month, AlamoWELL encourages:

- Women to start getting regular cervical cancer screenings at age 21
- Parents to consider having their pre-teens get the HPV vaccine at age 11 or 12

Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine.

Thanks to the health care reform law, you and your family members may be able to get these services at no cost to you. Check with your insurance company to learn more.