WOW
WOODBURN ON WELLNESS

Lunch & Learn Series

***Living With Diabetes Made Simple: June 14: 12pm-1pm in the Multipurpose Room at the Library:*** Please join us as Sondra Underberg, President of Diabetes Support Services, Inc., shares that there is no such thing as a diabetes diet. It takes carb counting, label reading, and portion control. There will also be an opportunity for questions.

Diabetes and Depression, Anxiety, & Fear: June 21: 12pm-1pm in the Multipurpose Room at the Library: Renee Lacy, of Life Mastery in Salem, teaches Diabetes 101 classes for Diabetes Support Services and is a Gentle Fitness instructor. She will share tips for dealing with the depression, anxiety, and fear that comes with living with Diabetes.

Our Lunch & Learn series is voluntary and on your own time. Please feel free to bring your lunch with you and eat while you are learning!

Ergonomics Within Reach: Finding the Right Fit
### by Katie Durfee, CIS Risk Management Consultant
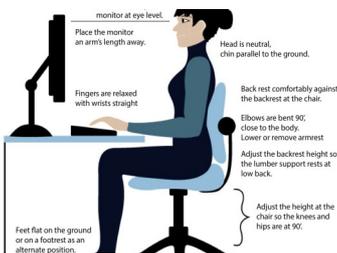
You wouldn't drive a car without first adjusting the seat, steering wheel and mirrors for the proper height and fit. That's just common sense. So why not take the same care when sitting at your office workstation? When you spend hours on end sitting at your desk, having properly aligned monitors and correct chair height can mean the difference between being comfortable and productive or sustaining a repetitive injury (such as carpal tunnel syndrome, or chronic neck, shoulder, hip or back pain). Read more **here**.

The City recently had 11 employees trained to do basic ergonomic assessments. If you have reviewed the link and would like an assessment done in your work area, please contact Beth in HR at 503-982-5388 or by email at beth.faulhaber@ci.woodburn.or.us to schedule one.

It's Popsicle Weather!
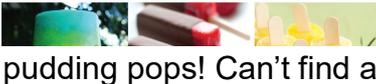
Summer is here and the perfect treat is a yummy popsicle! Click **here** to view a variety of popsicle recipes you can make at home from whole fruit to vegan to chocolate & salted caramel pudding pops! Can't find a recipe you like? Create your own!