University of Oklahoma
Human Resources – Healthy Sooners

For Distribution
Emailed: February 22, 2013
Subject: News from Healthy Sooners
To: All OU Employees

Learn About the Health of Your Heart and Mind
The Department of Health and Exercise Science and Healthy Sooners are looking for employee volunteers for two research projects. If you are interested in learning about the health of your heart and mind, consider joining one of these studies. Your participation will help researchers improve exercise programs and learn more about the importance of Vitamin D in the diet. Your participation includes assessments of your body composition and heart or cognitive health during three separate visits over the course of the study. For more information, contact the researchers below:

- Heart Health Study: Rob Thiebaud, 801-473-3759, Robert.S.Thiebaud-1@ou.edu
- Vitamin D and Cognitive Function: Steve Ferguson, 480-258-7302, Steven.L.Ferguson-1@ou.edu

Leave Winter Behind with Runs and Walk on March 9
Both the Sooner Spring Tune-up 5k/10k Run on the Norman campus and the College of Pharmacy Rx5k Run/1 Mile Fun Walk on the Health Sciences Campus happen March 9. These fun events are open to the OU community. Advanced registration is required. Click here for more information (http://healthysooners.ouhsc.edu/events/default.aspx).

The Employee Assistance Program for You and Your Family
The Employee Assistance Program (EAP) is a university benefit that provides professional assistance to faculty, staff, and family members facing difficult times. You do not have to go it alone. The EAP helps you work through substance abuse, family stresses, financial troubles, or difficulties at work. The phone call and assistance provided is confidential. Click here (http://healthysooners.ouhsc.edu/programs/Magellan.asp) for more details and the phone number.

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