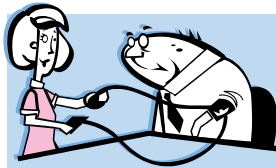




HCS Staff Wellness Newsletter



Do you know your numbers?

Cardiovascular diseases, including stroke, are our nation's number one killer.

Keep your numbers within these ranges for the best prevention of heart disease:

- Blood Pressure:** 120/80 or less; Have your blood pressure checked annually.
- HDL (GOOD) cholesterol:** Greater than 45 mg/dl
- LDL (BAD) cholesterol:** Less than 130 mg/dl if otherwise healthy. If you have heart disease, family history of heart disease, or diabetes, less than 100 mg/dl
- Triglycerides:** less than 150 mg/dl
- Total Cholesterol:** less than 200 mg/dl
- Fasting Glucose:** levels up to 100 mg/dl are considered normal; 100-126 mg/dl indicates risk for diabetes (impaired glucose tolerant), any glucose test above 126 mg/dl could indicate diabetes.

IF YOU DON'T KNOW YOUR NUMBERS, THERE IS GOOD NEWS!

Rural Health Services Consortium will be traveling to every school in Hawkins County to provide fasting cholesterol, blood glucose, & blood pressure checks for HCS faculty and staff.

Cost: \$15

For accuracy, this screening is fasting. Therefore, please do not consume any food or drinks (with the exception of water or black coffee) after midnight the night before your screening. Screenings will take approximately 5-10 minutes per person.

To sign up, please contact Coordinated School Health:
stephanie.rosentrete@hck12.net

Check out page 2 of this newsletter to find out when Rural Health Services Consortium will visit your school.



Coming to your school! Rural Health Services Consortium will provide fasting glucose and cholesterol screenings, in addition to a blood pressure check on the dates listed below.

Cost: \$15

Date	Time	School
April 26-30	7-11am	VHS/CHS
April 26	7-9am	Bulls Gap School
April 26	9:30-11:30am	Mooresburg Elementary
April 27	7-9am	St. Clair Elementary
April 27	9:30-11:30am	Keplar Elementary
April 28	7-9am	Hawkins Elementary
April 28	9:30-11:30am	Rogersville Middle Pathways Alternative School
April 29	7-9am	Joseph Rogers Primary
April 29	9:30-11:30am	Central Office (includes maintenance & bus shop)
April 30	7-9am	Surgoinsville Elementary
April 30	9:30-11:30am	Surgoinsville Middle
May 3	7-9am	Mt. Carmel Elementary
May 3	9:30-11am	Church Hill Elementary
May 5	7-8am	McPheeter's Bend Elementary
May 5	9-11am	Clinch School
May 6	7-9am	Carter's Valley Elementary
May 6	9:30-11:30am	Church Hill Middle

To sign up, please contact Coordinated School Health:

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