



e-Newsletter

August 22, 2018

Safety Matters

Did you know that slouching puts more pressure on the discs and vertebrae of your back? Move your chair as close to your work as possible to avoid leaning and reaching. Practicing proper ergonomics at home and work can help you decrease fatigue and increase comfort.

View August's [Safety Matters](#) newsletter, published by the Insurance Coverage Office (ICO), for tips to reduce ergonomic stressors.

Take Care Of "You"

What have you done to take care of yourself today? Family, work and other obligations may cause you to put your needs behind everyone else's needs. Practicing self-care is one of the fundamentals of resilience. For example, getting regular physical activity each week is necessary for good physical health. View Health Advocate's August [member newsletter](#) for ways to strengthen your resilience through self-care.

October 2, 2018 Governor's Cup 5K Run/Walk

2018 GOVERNOR'S CUP



On-Site Participation

5K Run/Walk, 1-Mile Noncompetitive Fun Walk and Health Fair

Limited to 600 participants (first come, first served)

The Governor's Residence at Woodburn - 151 Kings Highway, Dover, DE 19901

Off-Site Participation

No limit on number of participants

Walk, jog or run 6,400 steps - roughly the equivalent of a 5K - throughout the day

Fellowship - Activity - Giveaways & Awards - Off-Site Option

Delaware's Division of Public Health (DPH), in partnership with the Statewide Benefits Office (SBO) and DelaWELL, is presenting this **FREE event** exclusively for State of Delaware employees, pensioners and faculty/staff of all public school districts and charter schools.

With the return of the off-site participation option, employees and pensioners who are unable to attend can join in on the fun from anywhere they happen to be on October 2.

Learn more and register today as an on-site or off-site participant at www.GovernorsCup5K.com. The last day to pre-register is September 25.

Have questions? Email DPH at govcup5k@healthylouisiana.org.

Don't miss out on being a part of the tradition and celebration!

This newsletter is published by the State of Delaware Statewide Benefits Office (SBO), Department of Human Resources (DHR). Click [SBO e-Newsletters](#) to view other issues.

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