BeWell Program
The BeWell Employee Worksite Wellness program provides the College community with wellness opportunities that support their desire to make healthy lifestyle choices through a multifaceted program that includes education, physical activities, health and nutrition workshops, and opportunities within the Charlotte community.

* “1 Mile Walking Trails” at each campus location
* Employee Health & Fitness Day
* Employee walking program
* Free dance/fitness exercise classes
* Free fitness centers for employees and students at Central, Levine and Merancas Campuses
* Health and Wellness Lunch & Learn programs
* Health screenings

For details, contact Libby Vagnoni at 704.330.6371 or visit www.cpcc.edu/bewell.

CPCC Environmental Health and Safety Department

- Bloodborne pathogen training
- Ergonomic references and evaluations
- Work safety and material handling training
- Influenza vaccinations
- Communicable disease awareness
- Body fat analysis and blood pressure screenings
- Hearing conservation

For details, contact Aashima Agarwal at 704.330.6580 or visit https://intranet.cpcc.edu/sites/environmental/environmental-health-and-safety.
CPCC Family Resource Center and Student Life
The Family Resource Center and Student Life partner to offer programming and resources that focus on healthy lifestyles. These resources, available to all members of the CPCC community, include:

- Health and Wellness Lunch & Learn programs.
- healthy lifestyle drop-in events.

The Family Resource Center also offers:
- a warm, welcoming environment with access to a variety of educational materials, such as tobacco cessation resources.
- connections to campus and community resources.

For details: Linda Jones, 704.330.6246, www.cpcc.edu/student_life/frc

CPCC Health and Physical Education
CPCC’s Health and Physical Education department offers wellness classes for faculty and staff each semester in the following areas:

- CPR training (Adult and AED)
- first aid training
- aerobic, dance and yoga classes
- a strength and cardio-technology enhanced fitness center
- weekend classes offered for the “nature seekers”

For details, contact Cynthia Smith at 704.330.6726.

CPCC Human Resource Department
- Employee Assistance Program: a confidential counseling, education and referral program designed to help with personal/family problems
- retirement and financial planning
- career development assistance
- employee discounts
- Benefits Fair
- WebMD advisor

For details, contact Joanette West at 704.330.6759 or visit www.cpcc.edu/humanresources.

CPCC Libraries
CPCC campus libraries offer a selection of health and fitness books and DVDs for check-out and for access online. Topics covered include, but are not limited to, fitness through yoga, weight lifting and aerobics; holistic medicine; nutrition; and heart health. If you need assistance, visit any campus library and ask the librarian. For online resources, search the catalog by topic, and then look for items labeled E-BOOK. For streaming videos on many health topics, check out “Films on Demand” from the library database page.

For details, contact Elaine Kushmaul at 704.330.6113 or visit www.cpcc.edu/library.

Corporate and Continuing Education Personal Enrichment
The Personal Enrichment program provides lifelong learning opportunities for work/life balance.

Corporate and Continuing Education personal enrichment also offers tuition-free classes to full-time employees, on a space available basis in the areas of:
- recreation, health and fitness.
- dance, sports, self-defense for women.
- arts and writing for personal well-being.

For details, contact the Personal Enrichment Customer Service Team at 704.330.4223 or visit www.cpcc.edu/cce/personal-enrichment.

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