

HIGHLIGHT



What we eat can have a powerful effect on how we feel. Watowan County recently explored this connection through a Healthy Eating Seminar led by Hy-Vee Dietitian April Graff called “Good Mood Foods.” Staff learned how the foods we choose each day can boost energy, support happiness, and even lower the risk of depression, helping them feel their best both inside and out.



April provided valuable insights into healthy eating habits that go far beyond what you typically find online. I’m excited to put this knowledge into practice and integrate it into our daily lives.

Erin Eischen, Director of Finance

“The Good Mood Foods seminar was a chance for our staff to think about the saying ‘you are what you eat’ and determine if that was actually true,” shared Crystal Reed, Wellness Coordinator. The wellness team promoted the event through email and flyers, inviting staff to “come and learn.” To make participation even more rewarding, attendees received a copy of April’s book, *Uncomplicate Your Plate: A Busy Family’s Guide to Meal Planning*. Through this engaging session, Watowan County encouraged staff to think differently about food, not just as fuel, but as a source of energy, positivity, and well-being.

A workplace wellness program in an organization has become indispensable, offering many benefits for employers and employees. The SCSC Wellness Program is a dedicated initiative exclusively available to SCSC/MHC health insurance pool members.



April Graff and Crystal Reed