






Co-Morbidities ~~Can Kill You~~ Are PREVENTABLE!


<p>DEFINITION:</p> <p><i>A comorbidity is the presence of one or more additional medical conditions often co-occurring with a primary condition.</i></p>	<p>EXAMPLES:</p> <p><i>Obesity • High Blood Pressure High Cholesterol • Type 2 Diabetes Sleep Apnea • Smoking • Substance Abuse Depression • Anxiety</i></p>
Wellness Initiatives Minimize the Concern of Comorbidities Within the Workplace:	
<h3>Obesity</h3>  <ul style="list-style-type: none"> • Offer gym membership reimbursement • Healthy snacks/fruit/veggies in breakroom • Exercise Challenge/Step Challenge • Host yoga and/or exercise class during lunch 	<h3>High Blood Pressure & High Cholesterol</h3>  <ul style="list-style-type: none"> • Know your numbers • Host health assessments or screenings • Eat more fruits, vegetables and whole grains • Manage your stress!
<h3>Type 2 Diabetes</h3>  <ul style="list-style-type: none"> • Replace sugar with fruits, vegetables, whole grains • Stand and move every hour at work • Encourage annual testing for A1C and blood glucose levels • Educate employees on signs of prediabetes 	<h3>Sleep Apnea</h3>  <ul style="list-style-type: none"> • Maintain a healthy weight • Avoid alcohol • Quit smoking <p>REMEMBER: Regular exercise can increase your energy level, strengthen your heart, and improve sleep apnea. Yoga can improve respiratory strength and encourage oxygen flow.</p>
<h3>Smoking & Substance Abuse</h3>  <ul style="list-style-type: none"> • Find your reason to quit and make a plan • Set specific, measurable goals such as a start date • Remove reminders from your home and workplace • Tell friends and family and ask for their support 	<h3>Depression & Anxiety</h3>  <p>Promote Stress Management Strategies at Work:</p> <ul style="list-style-type: none"> • Enjoy the peace of a "Quiet Room" • Stress management/yoga/meditation workshops • Host a psychologist for a mental health workshop • Take a break to connect with nature • Promote the Employee Assistance Program (EAP)
Work with your doctor to develop a plan to manage your chronic conditions and improve your overall health.	
<p>For more info, visit the Wellness section on your Municipal JIF Website: www.acmjif.org www.burlcojif.org www.tricojif.org</p>	
A Lifestyle and Well-Being Coach can help you stay accountable for sustainable change.	

Task: Suppose you are a health consultant working at the Municipal Joint Insurance Fund and are answering questions from someone inquiring about the initiatives. Explain and clarify any doubts the person may have.

Contestants-student & teacher: A health consultant

Question Master: A person who seeks advice

No. 2



The MWRA provides wholesale water and sewer services to 3.1 million people and more than 5,500 businesses in 61 communities in Massachusetts.

There are approximately 1,200 dedicated men and women working at the MWRA to make sure that these critical services are available 24 hours a day, 7 days a week.

Poster Contest

Students are being asked to use their creative skills to create a poster showing MWRA employees doing their job.

Posters will be judged in 4 categories: Gr. K-2, Gr. 3-5, Gr. 6-8, and Gr. 9-12.

Posters should be no smaller than 8.5" X 11" and no bigger than 18" X 24." Posters received smaller or bigger than these dimensions will not be judged.

Writing Contest

Students are being asked to write an essay, story, or poem about one or more of the important jobs at the MWRA.


Writing entries will be judged in 2 categories: Gr. 3-5 and Gr. 6-8.

Writing entries must be no more than 2 single-sided pages. Writing entries received longer than 2 pages and/or double-sided will not be judged.

Participation in the MWRA's Annual Poster Contest and Writing Contest is open to students who live in and/or go to school in the MWRA Service Area.

To see if you are eligible to participate, to obtain official rules, and to download forms and student labels, visit us on-line at www.mwra.com and follow the link to the School Program page.

Entries MUST be postmarked by March 13, 2024. Early entries are encouraged!



Mail all contest entries to:
MWRA School Program
2 Griffin Way
Chelsea, MA 02150



Task: Suppose you are working at the MWRA and are answering questions from a student who is interested in the MWRA's Annual Poster Contest and Writing Contest. Explain and clarify any doubts the person may have.

Contestants-student & teacher: A staff member at the MWRA

Question Master: A student

No. 3

Investment and Trade with China - New Business Opportunities via 136th Canton Fair & 7th China International Import Expo

Wednesday, October 16, 2024

8:30am - 11:30am

Bank of China
444 S. Flower St.
Los Angeles, CA 90021

Register Here

- **Networking.** Meet other executives doing business Globally and with China.
- **Insights** into how to do business in China.
- **Best practices** to save time and money when doing business with China.
- **Cross border trade** trends and opportunities
- **Sourcing products?** Learn what Canton Fair can offer and how to maximize opportunities.
- **Exporting products or services?** Learn about CIIE opportunities to gain exposure for brands and services and meet potential trade partners.

The World's Largest Sourcing event - Canton Fair

Guangzhou 10/15/2024-11/04/2024
www.cantonfair.org.cn

Identifying trends and new products
Evaluating suppliers, and re-establishing connections
Negotiating better terms

The **136th Session of the Canton Fair** is China's premier trade event and is focused on the international market. The fair will exhibit more than 150,000 categories of products, and approximately 24,000 exhibitors will display their goods for over 200,000 international buyers.

China's Largest event for U.S. Exporters - CIIE

Shanghai 11/05/2024-11/10/2024
www.ciie.org

Meet directly with Chinese and international buyers
Gain market intelligence for better positioning
Understand the Chinese Market

Launched in 2018, the 7th China International Import Expo (CIIE) is the first large scale trade show that is promoting imports of products from all over the world. Over 200,000 visitors and 3,000+ exhibitors are expected for this year's event. Last year, the trade value was \$73 billion in goods and services.

Event Sponsors



Supporting Organizations



Task: Suppose you are an exhibition organizer and are answering questions from a visitor who is interested in attending the Canton Fair and CIIE. Explain and clarify any doubts the person may have.

Contestants-student & teacher: An exhibition organizer

Question Master: A visitor



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Task: Suppose you are working at Air Elite and you are talking with a person who is interested in the services advertised. Answer questions from the person.

Contestants-student & teacher: A staff member at Air Elite

Question Master: The person who is interested in the services advertised

No. 5

FOREST COUNTY POTAWATOMI has partnered with **PACKERLAND BROADBAND** to bring you

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\$141/mo

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Task: Suppose you are working at PACKERLAND BROADBAND (PLBB) and you are talking with a person who is interested in the services advertised. Answer questions from the person.

Contestants-student & teacher: A staff member at PLBB;

Question Master: The person who is interested in the services advertised

No. 6

SILVER REEF MUSEUM

Cosmopolitan Event

Saturday, April 29, 2023



Chinese Cultural Activities at Silver Reef !

Silver Reef Museum | Ghost Town is proud to present the Opening Day festivities of the Chinese History Exhibit, presented by the Utah Chinese Association. This celebration will include a variety of cultural activities, and promises to be both fun and educational for all ages. Attendees will have the opportunity to make dumplings, learn the art of calligraphy, experience Chinese music, and even play dragon! The Utah Chinese History Exhibit will also be on display, and members of the Utah Chinese Association will be available to answer questions.

Opening Day activities will take place at the Cosmopolitan on April 29, and attendees can sign up for one of two sessions: 1 to 2:30 pm or 2:30-4:00 pm. Pre-registration is required, on a first come, first serve basis.

The cost of the Opening Day activities is \$2.50 per person.

Please pay and register here: <https://tinyurl.com/ChineseActivitiesSilverReef>

The Utah Chinese History Exhibit will be on display in the Cosmopolitan from April 29 through June 24, during the hours of 11 am to 2 pm. The exhibit is a pictorial display covering when the Chinese first came to Utah, where and how they lived, and important historical events. Information will also be available on the Chinese community of old Silver Reef. The exhibit will be available to Silver Reef Museum patrons as part of their museum tour.

Hours for the museum are Mon., Thurs., Fri. and Sat. 10:00 am – 3:00 pm; the last tour begins at 2:15 pm.



ABOUT THE PRESENTERS:

About the Presenters:

The Utah Chinese History Exhibit is being presented by volunteers of the Utah Chinese Association, whose mission is to bring Utah communities closer together through history, cultural engagement, and social service. The Utah Chinese Association is the parent organization of the Chinese Folk Art Festival Utah Chinese History Museum, and Utah Asian Alliance.



Reservations Required:

Please pay and register here:

<https://tinyurl.com/ChineseActivitiesSilverReef>

or call 435.879.2254

for information.

<http://silverreef.org>



Funded by
Utah Legislature
Utah Division of
Arts & Museums

Silver Reef Museum
1903 Wells Fargo Rd
Leeds, UT 84746



Task: Suppose you are working with the Utah Chinese Association and are receiving a visitor who is interested in the opening day activities for the Utah Chinese History Exhibit. Explain and clarify any doubts the person may have.

Contestants-student & teacher: A staff member at the Utah Chinese Association

Question Master: A visitor