

# *Seminole State College*

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*Office of the President*

## *“Feel Great in 2008”*

January 8, 2008

Dear Faculty and Staff,

In an effort to encourage good health, I am pleased to announce a new Employee Wellness Program. This program will allow one hour of release time, two times each week, for employees wishing to exercise on campus utilizing the Seminole State College athletic facilities.

With prior approval from supervisors, professional and classified staff may be released from regular work assignments. Faculty wishing to participate in the Employee Wellness Program, may elect to use up to two hours of their regularly-scheduled office hours - substituting electronic communications with students to compensate for that time period.

Note that all employees are encouraged to use the facilities, free-of-charge, anytime during the community Fitness Club operations, as well from 11 a.m. to 1 p.m. and 4 p.m. to 6 p.m. daily, Monday-Friday. Additional hours may be posted when the facility is not being used for classes. An indoor olympic-size swimming pool, racquetball court, basketball arena, weight lifting equipment and exercise machines are available in the Raymond Harber Field House. Patience will be a virtue as we work through the details of setting up this program. Conflicts are likely to arise with athletic events and activities. We will all just have to do the best we can with limited facilities.

I wish you much success and good health in the coming year.

A handwritten signature in black ink, appearing to read 'James W. Utterback', is written over a light blue horizontal line.

James W. Utterback, Ph.D.  
President