

ACC Wellness Program Schedule

**LIFE IS AN
ADVENTURE**
GO LIVE IT

2026



JANUARY

Don't Wait on Warmth: Adventure in the Cold

2026: Life is an Adventure--LIVE IT!

Ongoing programs offered throughout January & beyond

Date	Time	Access Details	Program
Year-round, a health education resource & quiz are available for employees to use	This month's quiz available in the ACC Well throughout January	Take this month's quiz in your ACC Well account to earn credit! It will appear as a daily card on your home page.	January 2026 Health Quiz—Strengthen Your Mind! We spend so much time focusing on strengthening ourselves physically for the sake of fitness and immunity, but what about the mind? Learn lots of tactics for improving your thinking!
Tuesdays January 6, 13, 20, 27	8:15am – 8:45am	Virtually: Via Zoom live online meeting. Click here to join in on Tuesdays in January. Passcode (if needed): 357781	Weekly Mindfulness Based Stress Reduction: Realizing Greater Health & Happiness— ACC Wellness & Mindfulness professional, Mike Healy, have partnered together to offer a weekly online mindfulness practice (guided meditation & mindfulness instruction) for stress reduction. Learn to handle whatever lies on the horizon! <i>More information on Mindfulness at the end of this document.</i>
All throughout January 2026	All throughout January 2026	Keep a log (described to the right) and submit it to Kendra.houghton@accgov.com or 706-614-3075 to earn a prize!	Monthly Health Challenge: “The cold never bothered me anyway!” a way to exercise 4-5 days each week this month, despite the damper winter puts on the day. Each week, make a list of winter factors you faced, & what you did to combat those discomforts to make exercise a pleasant experience you would actually follow through with. At the end of the month, report a log of which days you exercised, what you did, and the notes described above.

One-Time Programs Offered in January

Date	Time	Access Details	Program
Thursday January 15, 2026	12:00pm- 12:45pm	<p>We will try meeting virtually this month!</p> <p>Click here to join at noon on January 15.</p> <p>Meeting ID: 841 8169 5985</p> <p>Please e-mail Kendra.houghton@accgov.com to request a spot.</p>	<p>January Caregiver Support Group—Radical help for those who partially or fully take care of other adults. The goal of this session is to provide you with a stress-reducing environment where you can be empowered to healthfully handle your situation without overwhelm. <i>More information at the end of this document.</i></p> <p>January 2026 focus: Needs assessment & check-in</p>
Thursday January 22, 2026	Stop in any time between 9:00am and 3:00pm	<p>The Classic Center 300 N. Thomas Street Grand Hall 6-8 (downstairs)</p> <p><i>Parking for employees & retirees: Park in the COURTHOUSE PARKING DECK, take a ticket as you enter the deck, write your name & department (or retiree) on the back of the ticket, and hand the ticket to the deck attendant as you exit.</i></p>	<p>ACC Wellness Total Health Fair—Put sNOW limits on your health! ACC Wellness will treat you to yet another incredible fair featuring more healthy vendors than ever before! Come ready to be educated, refreshed, spoiled, inspired, health-screened (if you choose), coached, and more. You'll receive many great giveaways both from ACC Wellness and from our many generous vendors. Plan to spend an hour or more at the fair!</p>
Friday January 23, 2026	12:30pm- 1:30pm	<p>In-Person:</p> <p>Planning Department Auditorium 120 W. Dougherty Street</p> <p>Registration is required. E-mail kendra.houghton@accgov.com or text 706-614-3075 to request a space. Lunch will be provided.</p>	<p>January Caregiver of Special Needs Individuals Support Group—ACC Wellness has partnered with a local special needs professional, Hailey Garfinkel, to offer a session that will bring helpful resources, ideas, and understanding to participants. Whether you care for someone with cognitive or physical special needs, Ms. Garfinkel is equipped to serve you. <i>Special needs addressed within this group thus far: autism, ADD/ADHD, learning disabilities, emotional disturbance, sensory issues, and more. This group meets monthly and covers a different focus topic and conversation each meeting.</i></p>

Date	Time	Access Details	Program
Friday January 23, 2026	6:30pm-7:30pm	<p>Virtually: Via Zoom</p> <p>Click here to join at 6:30pm on January 23.</p> <p>Meeting ID: 850 0100 2265</p> <p>Please e-mail Kendra.houghton@accgov.com to request a spot.</p> <p>Equipment needed to participate along with the demo:</p> <ul style="list-style-type: none"> • Large soup pot or Dutch oven (with lid) • Cutting board and knife • Measuring cups and spoons • Can opener • Grater • Citrus juicer (optional) 	<p>January Cook-Along Demo: Extra Veggie White Chicken Chili—Beat the winter weather and cozy up with a delicious and nutritious White Chicken Chili. It may look like a bowl of snowy weather, but it will be nice and warm to healthfully reward you after a long week of work & exercise. <i>With class being the week of the annual health fair, participants will be asked to purchase their own groceries this month.</i> There is a small chance that groceries will be provided, but as of now, participants will need to shop for their own. We still hope you'll join us — it's a great chance to cook together, learn, and warm up with a delicious bowl at the end!</p> <p>Ingredients needed:</p> <ul style="list-style-type: none"> • 1 tablespoon olive oil • 1 green bell pepper • 1 medium onion • 1½ cups frozen riced cauliflower (1 package) • 1 medium zucchini • 1½ pounds boneless, skinless chicken thighs • 1½ teaspoons kosher salt • 1 teaspoon garlic powder • 1½ teaspoons ground cumin • 1 (4-oz) can mild diced green chiles • 1 cup salsa verde (mild) • 3 cups low-sodium chicken broth • 2 (15-oz) cans white beans, drained and rinsed • 4 oz cream cheese, cut into small pieces • ¼ cup chopped fresh cilantro • Optional garnish: avocado, baked tortilla chips

Date	Time	Access Details	Program
Friday January 30, 2026	12:30pm-1:30pm	In-Person: Landscape Division Conference Room 2555 Lexington Road Registration is required, space is limited. E-mail kendra.houghton@accgov.com or text 706-614-3075 to request a space. Snacks will be provided.	DIY Wine Cork Phone Holder Class —In this hands-on DIY class, we will learn how to transform recycled wine corks into a functional and stylish phone holder. Using simple tools and creative design techniques, participants will cut, arrange, and assemble corks to create a sturdy stand perfect for desks, nightstands, or kitchens. This class introduces basic crafting skills such as measuring, safe cutting, and adhesive use, while also encouraging creativity and sustainable design through upcycling. By the end of the session, each student will leave with a finished wine cork phone holder and ideas for customizing their project at home. No prior experience required. All materials provided.

Ongoing Programs Offered Year-Round

When	Access Details	Program
<p>Enroll any time!</p> <p>If you have questions, call 800-244-6224.</p>	<p>If you qualify, here's how to enroll:</p> <p>Go to myCigna.com, select Coverage>Dental, and then fill out the registration form.</p> <p>Or</p> <p>Call the number on the back of your Cigna ID card and ask for a mailed registration form.</p>	<p>Cigna Oral Health Integration Program—ACCGov dental provider offers an amazingly useful program for individuals with chronic conditions. This program reimburses out-of-pocket costs for preventive dental treatments to combat dental issues such as gum disease and tooth decay. The program is for people with certain medical conditions with a higher risk of oral health issues. There is no additional cost for the program—if you qualify, you get reimbursed.</p> <p>Who qualifies?</p> <p>If you have a Cigna dental plan, and if you are treated by a doctor for any of the following conditions, you are eligible to participate:</p> <p><i>Heart disease, stroke, diabetes, maternity, chronic kidney disease, organ transplants, radiation for head or neck cancers, rheumatoid arthritis, Sjogren's syndrome, lupus, Parkinson's disease, ALS, Huntington's disease, opioid misuse or addiction</i></p>

Enroll any time!	Log into myCigna.com and navigate to Healthy Rewards Discount Program or call 800-870-3470 to enroll and start receiving discounts.	Cigna Healthy Rewards Program —ACCGov dental provider offers an incredible rewards program! Discounts on health products and programs like nutritional meal delivery services, fitness memberships & devices, vision care, Lasik surgery, hearing aids, alternative medicine, yoga products, and virtual workouts. Real brands...real discounts...real easy!
Available to all ACCGov employees and retirees, year-round	Visit TicketsatWork.com, click Become a Member. Enter your company code (ATHENS) or work email to create an account. Need help? E-mail customerservice@ticketsatwork.com	"Tickets at Work" Employee Perks Program —Available to all ACCGov employees and retirees! Start saving on electronics, appliances, apparel, cars, flowers, fitness memberships, gift cards, groceries, hotels, movie tickets, rental cars, special events, theme parks, and more!
View pre-recorded webinars any day, or live webinars on scheduled days.	View pre-recorded webinars at any time, or live webinars at scheduled times.	Nationwide's On-Demand Webinar Library —Access this library for pre-recorded sessions, AND the schedule of upcoming live, online sessions: https://www.nrsforu.com/rsc-web-preauth/resource-center/webinars
Available at all times!	Click here to see a list of some of the recorded classes. Then, visit the ACCGov Learning Management System (LMS) . Use your ACCGov e-mail and network password to login. Then, scroll down and click the Wellness home page. Then click any of the Healthy Hour recording categories you are interested in. Click the arrow on the lower black toolbar to see a list of many of the Healthy Hours.	ACC Wellness Recorded Healthy Hours: A list of recordings available to you for viewing & points credit! —Click here to see the list of many of the recorded classes. Choose one, then follow the instructions for accessing the Take Aim LMS (in the box to the left) to find your class, view, then report in the ACC Well for credit!

***Mindfulness Based Stress Reduction additional information:** Stress can take a toll on your health and well-being. Feeling stress? Its symptoms take many forms: Chronic aches & pains, chest pain, racing heart, decreased energy, trouble sleeping, frequent sickness, headaches, dizziness, shaking, high blood pressure, muscle tension, jaw clenching (TMJ), stomach/digestive issues, changes in libido, weakened immune system. The following are potential gains from

mindfulness work: Improved relationship with stress, anxiety, and other difficult thoughts & emotions; decreased reactivity, increased responsiveness; gained insights into more skillful and unskillful behaviors; improved compassion for oneself and others.

***Caregiver Support Group additional information:** Fact: A caregiving employee averages 47 years old and provides 21 hours per week of caregiving outside of work. 70% report that they miss time from work, and 50% say their careers have been adversely affected. We all need help as circumstances change and get difficult. ACC Wellness provides ACCGov employees & retirees monthly group meeting opportunities to foster the sharing of information, insight, advice, and encouragement for those who regularly provide care for another person. Wellness Coordinator, Kendra Houghton, leads this group meeting and allows you to share your perspective, ask questions, and learn helpful tips, tools, & resources. The goal of this session is to provide you with a stress-reducing environment where you can be empowered to healthfully handle your situation without overwhelm.