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#### Tip of the Week

Apply sunscreen at least 20 minutes before going outside.

Fitness

Nutrition

Balance

Education

## Commonwealth of Virginia Employee Wellness Program

### Quarterly Program

#### Something to Smile About



Have you ever crawled into bed only to realize you forgot to brush your teeth? Put off going to the dentist until the pain was unbearable? Routine dental care and precautions may actually lead to more than just a great smile, but it may even prevent a heart attack..

The Something to Smile About program reviews dental hygiene basics like brushing and flossing, and explores the relationship between dental health and diabetes, the benefits of good oral health during pregnancy, how to help children avoid tooth decay, and the link between gum disease and heart attacks.

[Learn More About the Program](#)

### Getting Healthy



[Fitness Center Discounts](#)



[Quit for Life](#)



[Weight Watchers](#)



[Future Moms](#)

### Good to know ...

July is ...

[Juvenile Arthritis Awareness Month](#)

[Hemochromatosis Awareness Month](#)

[20 - 24 National Youth Sports Week](#)

### Success Stories



I've mastered losing weight quiet a few times in my life,

however, keeping it off is definitely a challenge!...

[Read more...](#)

I started Weight Watchers in February, 2007. Since then, I've lost 60 pounds, reducing my shirt size from XXL to M and shedding almost 10 inches from my waist. Last year when the Commonwealth offered the

Weight Watchers program, I joined. I lost a total of 65 pounds. [Read more ...](#)

### Recipes

[Click for healthy recipes](#)

This Web site contains content in several formats that may require [plug-ins](#) to properly view. All required plug-ins are free.