



# Midland College Fitness Center

August 2017 –Fall Edition – Newsletter

## MedicAlert Awareness Month



Although MedicAlert medical IDs have been around for five decades, chances are if someone wears a Medic Alert bracelet or necklace, you just may not know it or may not know the importance of it. To break this information barrier, August has been declared as Medic Alert Awareness month.

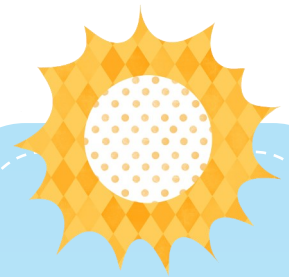
### Purpose of MedicAlert Awareness Month

MedicAlert Awareness Month is dedicated to educating the public and raising awareness towards the need and use of Medic Alert medical IDs. Unfortunately, people whose family member or friends wear a Medic Alert bracelet or necklace are typically the only ones who educate themselves what it is, what it's for and what to do in case of an emergency. The public, in general, are likely to remain clueless about Medic Alert ID.

A MedicAlert ID is designed to save a person's life in an emergency situation. There are many reasons why some would wear it. Generally, in any health conditions that can put a person at risk, hence the person will need immediate medical attention, a Medic Alert ID is a necessity. People with the following conditions should wear a Medic Alert bracelet or necklace.

Medic Alert Awareness Month is a good opportunity to know more about Medic Alert medical ID. Be sure you understand the patient's condition, especially if the patient is a family member. Knowing how to deal with emergency situations, you can help first respondents and emergency personnel to efficiently treat your loved one, which could be a thin line between life and death.

- ◆ Go to the nearest participating organization nearest you and take part in their awareness campaigns.
  - ◆ Share information about Medic Alert medical ID and share your knowledge with your family member and friends.
  - ◆ Disseminate information through social media, but make sure you are sharing factual information from credible sources.
- Give donation to Medic Alert foundation. Visit <https://www.medicalert.org/donate/now>



Here's one fun way to get fit ... You're moving to music — and getting lost in the beat. You're not counting minutes on a treadmill or reps on a weight machine. You're having chase-away-your-cares fun.

**Dancing might not seem like exercise.** But that's the beauty of it. Since it's so enjoyable — and energizing — you're likely to stick with it. And from tap to tango, it's a great full-body workout. In the moment, dancing can trigger the release of feel-good brain chemicals. It can be a true "happy dance" — brightening your mood and easing stress.

**Cue the music — and feel great!**

### Fitness Center Hours:

**Aug 7-10**

**7:30 am-6:30pm**

### August 14– Fall Hours Start

**Mon-Thu: 5:30 am—8:30 pm**

**Fri: 8:00 am—6:00 pm**

**August 21st**

**Closed**

**August 22-25**

**Employees Only**

**5:30 am –5:00 pm**

### Fitness Center Contact Info:

**Front Counter**

**Phone: 685-6897**

