

Welcome to
Better Health

A Weekly Update
for Asante Employees

Every patient,
every day, every time.

ASANTE® News

ASANTE ASHLAND COMMUNITY HOSPITAL | ASANTE PHYSICIAN PARTNERS | ASANTE ROGUE REGIONAL MEDICAL CENTER | ASANTE THREE RIVERS MEDICAL CENTER

Ugly Sweater Event is Saturday

It isn't too late for Asante employees to shake the mothballs out of their gaudiest sweaters, swallow their pride and enter the annual Ugly Sweater 5k Fun Run/Walk, to be held at 9 a.m. Saturday (Dec. 19) in downtown Medford.



Asante's beWell team – the organization's employee wellness program – is encouraging physical activity by inviting employees and their families to enter the low-key run. Participation will also help children affiliated with the Jackson County Foster Parent Association, which receives proceeds from the event.

Those with especially unsightly sweaters can enter the Ugly Sweater contest by emailing a photo of it to HealthPromotion@asante.org by Friday (Dec. 18). Sweater contest prizes include an iPod Nano, a Fitbit fitness band and a \$25 Fred Meyer gift card. All entrants in the contest – which will be judged by the Asante Wellness Committee – must be confirmed, race-registered, benefit-eligible Asante employees.

Asante employees and family members may pay a discounted registration fees of \$14 for the 5K Fun Run/Walk, and the first 40 benefit-eligible employees can register for free. The event's regular registration fee is \$25.

The run will not be timed, but a clock will be at the finish line for those who choose to keep track of their times.

Complete event details – including cost, how to register and race-day information – are [available on myAsanteNET](#).

Asante News is published every Tuesday. Deadline for submission of articles is every Friday. Send via e-mail to asantenews@asante.org.

Question or suggestions: Call Communications and Marketing at (541) 789-3510 or extension 13510.