

ALL THINGS WELLNESS

Randolph County Employee Wellness Monthly Newsletter



WELCOME CHELSEA

The Randolph County Employee Wellness Center is excited to introduce Chelsea Poe, MSN, FNP-C, as the newest member of the Atrium Health Wellness Team. Chelsea is a Family Nurse Practitioner with six years of experience in primary care and a strong commitment to improving employee health and wellness.

Chelsea earned her Master of Science in Nursing—Family Nurse Practitioner degree from Frontier Nursing University and her Bachelor of Science in Nursing from UNC Charlotte. A proud Randolph County native, she is passionate about helping individuals and families achieve their health and wellness goals. Her areas of focus include chronic care management and weight management, where she partners with patients to create sustainable, healthy lifestyle changes.

Chelsea looks forward to caring for our Randolph County Employees and continuing her dedication to keeping the community healthy and well.

“We are thrilled to welcome Chelsea to our team,” said County Manager Zeb Holden. “Her experience and passion for employee health will be a tremendous asset to our employees.”

LET'S PLAY BALL!

Bringing health care to you at no cost!

- Open to employees, retirees and dependents, ages 2 and up, on the Randolph County Government health plan.
- Sick visits, wellness exams, minor injuries, vaccinations, blood work, occupational medicine and health management
- Located at 1457 N Fayetteville St, Asheboro, NC
- No copay to use the Wellness Center

Call 336-716-0989 or visit RCGWellness.com to make an appointment.

Hours: Monday-Friday, 8 a.m. - 4:30 p.m.

SCAN ME



Join us Saturday, September 6th for the 2nd Annual Randolph County Employee Softball Tournament.

Family and friends welcome.

**Location: Eastern Randolph HS
Time: First pitch is at 8:30 a.m.**

WALKER CREEK HIKE



Date: Sunday, September 7, 2025

Location: Walker's Creek Trailhead located at 6871 High Pine Church Road

Time: 1:30 pm at the Farmer's Market in Downtown Asheboro, 134 S. Church Street and car caravan to Walker's Creek Trailhead or meet at 2 pm at Walker's Creek Trailhead.

Join Healthy Communities on a hike at Walker's Creek Trailhead, part of the Uwharrie National Recreation Trail. The hike begins at the Walker's Creek Trailhead on High Pine Church Road and follows along the Uwharrie Trail to Walker's Creek and the "biscuit rocks".

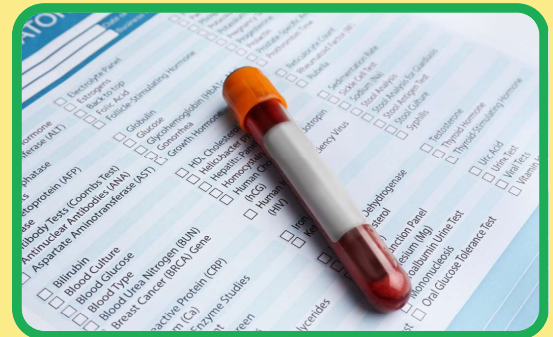
Hike Length: Approximately 2.8 miles total and should take about 2 hours. **Degree of Difficulty:** The terrain is up and down and rocky in places but all in all a moderate hike. **Dogs:** Dogs are welcome but must be keep under control.

Comments: Wear comfortable closed toe shoes and bring water. Walking sticks are welcome due to loose stones on part of the trail. Dress appropriately for an early fall weather hike. If it is raining at the time of the hike, the hike will be cancelled. There is no cost to participate, and no pre-registration is needed. This hike is open to all who can hike this distance unaided.

Questions:

Contact Mary Joan Pugh
336.963.2715 or maryjoan.pugh@randolphcountync.gov

BIOMETRICS



Employees that are with the County's health insurance, born in September and November are invited to complete their biometric screenings **before September 30th**. The biometric screening includes a physical, blood draw, waist measurement, cotinine test and more. This appointment takes about one hour and a 12 hour fast is required. Please schedule your appointment online.

Schedule Here: www.RCGwellness.com



MAMMOGRAMS

Randolph County will be hosting onsite mammography for female employees (and female spouses of employees) on Monday, September 15th, from 9 a.m. to 4 p.m. in the back (westside) of RCOB.

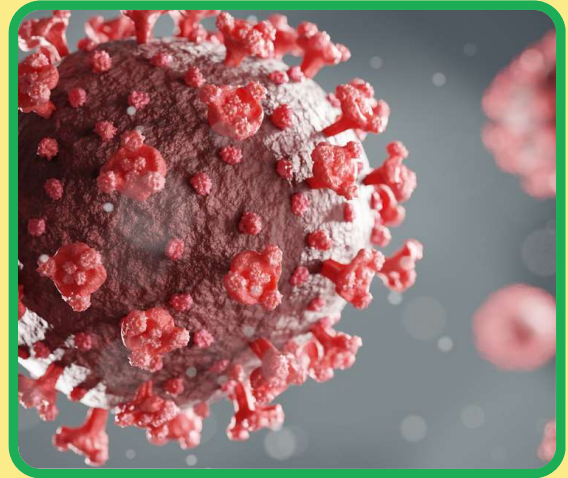
Scan the QR code or call 877.318.1349 to schedule an appointment.

STAY HEALTHY



Our Employee Wellness Center has seen a recent spike in COVID-19 cases among employees and their families. While we cannot always control exposure, we can take simple steps to protect ourselves and those around us. Please remember:

- Wash your hands often with soap and water for at least 20 seconds.
- Use hand sanitizer when soap and water aren't available.
- Cover coughs and sneezes with your elbow or a tissue.
- Stay home if you feel sick to prevent spreading illness to others.
- Utilize our Wellness Center when symptoms arise.



FLU SHOTS



Flu Shots Now Available at the Employee Wellness Center

Flu season is here! Protect yourself and those around you by getting your annual flu shot.

👉 Please call or go online to schedule your appointment today.

Staying up to date with your flu shot is one of the easiest ways to stay healthy this season.

Don't wait—reserve your spot now!

WE NEED YOU!

The Randolph County Employee Wellness Committee will be convening soon, and we are seeking enthusiastic members to join and contribute to our initiatives. This is an excellent opportunity to play an active role in promoting the health and wellbeing of our employees.

Your participation and ideas will help shape meaningful wellness programs for our workplace community.



Contact Kristi Wallace
336.318.6601

kristi.wallace@randolphcountync.gov