

**FACULTY AND STAFF WELLNESS PROGRAM**  
**SPRING 2016 – Programs, Challenges, & Wellness Opportunities**

**Spring 2016 Programs:**

**Smoking Cessation Program for employees and/or spouses**

Through a partnership with Public Health of Dayton & Montgomery County (PHDMC) we are bringing you their Clinical Best Practice Smoking Cessation Series. This program, which is modeled after a Mayo Clinic cessation program, will be facilitated by Brenda Alexander, a Certified Tobacco Treatment Specialist. All participants will receive FREE NRT (patches) for one month (an \$80-\$100 value).

Dates: January 21, 28 & February 4, 11, 18

Time: 6:00-7:00 pm

Location: KU 207

Cost: Free

Registration: Register online at [go.udayton.edu/hrwellness](http://go.udayton.edu/hrwellness). Contact Theresa Gilbert at [tgilbert1@udayton.edu](mailto:tgilbert1@udayton.edu) if you have any questions.

**Rev it Up Program**

This program will be taught by Theresa Gilbert, a Registered Dietitian with 25 years of experience including advanced training in wellness coaching and weight management. Do you want to develop a healthy partnership with your body? Do you want to learn ways to improve your energy, mood, and focus? Are you ready and willing to do the work needed to become a success story? This program incorporates eating and exercise strategies to achieve a more balanced healthy lifestyle and a more efficient metabolism rate. Come and learn the foundational principles that will Rev Up your metabolism! A weekly focus on foundation principles, food, fluid, and fitness will be discussed during this 8 week program. The ideal person for this program is someone who is ready to take action and steps needed to focus on nutritional choices, problem solving on a weekly basis to make small changes that make a big difference. Everyone will receive a Rev It Up book and food/activity journal tools. If you attend all the sessions you will receive 50% of your fees back at the end. (Go to [www.revitupfitness.com](http://www.revitupfitness.com) or ask Theresa to join the Isidore wellness site to learn more about Rev It Up – there are online webinar videos available)

Dates: January 13, 20, 27, February 3, 10, 17, 24 & March 9

Time: 12:00 – 12:50 pm

Location: KU 207

Cost: \$50.00 (you will get \$25.00 back if you attend all sessions) Includes free book and numerous resources.

Registration: Register online at [go.udayton.edu/hrwellness](http://go.udayton.edu/hrwellness). Contact Theresa Gilbert at [tgilbert1@udayton.edu](mailto:tgilbert1@udayton.edu) if you have any questions.

## **Spring 2016 Challenges:**

Benefit Eligible Faculty and Staff can use these 6 week challenges to improve health and well-being and engage in friendly competition with each other! Each wellness challenge is worth 10 points on the health activity tracker. You must participate in at least 3 out of the 6 weeks to earn the 10 points! Open to all benefit eligible employees (you DO NOT have to be participating in the Health Activity tracker to participate in these challenges)

**Colorful Choices Challenge** – A six week challenge to track the colors of your food. The engaging online portal helps to encourage increased intake of fruits and vegetables, thus helping you to improve your fiber and antioxidant intake and reduce your risks of cancer. Did you know that eating at least 5 servings of fruits and vegetables a day can reduce cancer risk by 50%? This program is open to the first 500 registrants, so please make sure you are willing to participate before registering! Wellness program pays a set fee per participant that signs up.

Registration: Jan 5-29<sup>th</sup>

Program dates: January 25 –March 6<sup>th</sup>.

**Registration information will be sent out separately.**

**Walking Works Challenge** – Walking Works is a physical fitness and wellness program developed by Blue Cross Blue Shield in cooperation with the President’s Council of Physical Fitness and Sports. The objective is to help you reach your fitness goals while improving your overall health. The website enables you to log your daily activities and track your progress over time. There’s even a friendly team challenge for companies to participate in, so you and your co-workers can work together to compete against other teams and have fun along the way! Create teams and challenge each other with walking or other aerobic activities. Raffle Prizes will be drawn for those who participate in this challenge.

Registration February 22 through March 18<sup>th</sup> on [www.walkingworks.com](http://www.walkingworks.com).

**Six week challenge takes place March 14-April 24.**

## **Spring 2016 Wellness Screenings:**

### **Mammograms with Jewish Hospital/Mercy Health Mobile Mammography Unit, 3D imaging.**

Date: March 17<sup>th</sup>

Location: C Lot, Time: 8am-2pm

Call 513-686-3300 to schedule your appointment.

Preventative screening covered at 100% with Anthem UD Healthcare benefits.

### **Free Bone Scan Screenings by Kettering Health Network Nurses (Benefit Eligible employees only)**

Date: April 7<sup>th</sup>

Location: KU Room 207. Time: 11am-1pm.

10 minutes appointment includes scan of ankle/foot area and education on bone health.

Cost: Free

Contact Theresa Gilbert at [tgilbert1@udayton.edu](mailto:tgilbert1@udayton.edu) to make an appointment.

## **Spring 2016 Lunch & Learns:**

**Bring your own lunch, all are free. REGISTER FOR ALL LUNCH AND LEARNS at [go.udayton.edu/hrwellness](http://go.udayton.edu/hrwellness).**

### **Eat Right for Life on the Go by Theresa Gilbert, MSED, RD, LD**

Date: January 7<sup>th</sup> Time: 12-12:50 pm Location: WPAFB Conference Room

**Description:** Learn tips for healthy grocery shopping for eating on the go, ideas to eat healthier while dining out, at work or while traveling. The focus will be on convenient methods to maintain a diet rich in whole grains, fruits, vegetables and lower in fat and calories. All participants receive a beautiful 100 page booklet entitled "Eat Right for Life on the Go" and a booklet of grocery shopping lists. **There will be raffle prizes for participants for wellness shirt. You can also earn 10 points on the health activity tracker for your annual incentive**

### **Yoga Nidra Introductory/Information Session by Barb Morsa**

Date: January 14<sup>th</sup>, Location: KU 222, Time: 12:00-12:45 pm OR

Date: January 21<sup>st</sup>, Location: Fitz Hall Room TBD, Time: 11:15-12:00 pm

**Description:** Yoga Nidra, which is “yogic sleep.” It is a guided deep relaxation technique that is deeply rejuvenating and stress relieving. A 30 minute yoga nidra session is roughly equivalent to a 2-3 hour nap with even deeper benefits to the parasympathetic nervous system (the body’s relaxation response). Yoga nidra can be done by anyone and provides amazing benefits. The military is now using it to treat PTSD and there is good data that it is highly effective for stress, insomnia, depression, anxiety and a host of physical conditions even beyond traditional western medical modalities, including medication in many cases. Come to learn more information and if you can bring a pillow and blanket for a demonstration. This introductory session will be offered again on January 21<sup>st</sup> in Fitz Hall Room TBD from 11:15am-12:00pm. Yoga Nidra will continue to be offered throughout the semester every Thursday from Jan 28-April 28, Location & Time TBD. Free to Faculty and Staff, walk-ins welcome. No registration necessary for weekly classes. **There will be raffle prizes for participants for wellness shirt. You can also earn 10 points on the health activity tracker for your annual incentive.**

**Heartfulness Meditation Introductory/Information Session, Uma Mullapudi**

Date: January 14<sup>th</sup>, Location Fitz Hall Room 676, Time: 11:15am-12:00 pm OR

Date: January 21<sup>st</sup>, Location: KU 222, Time: 12:00-12:45pm

**Description:** Heartfulness is a simple practical way to experience the heart’s unlimited resources. It includes guided relaxation, and meditation techniques. The Beaver Creek Natural Path Meditation Center will be offering free weekly Heartfulness relaxation & meditation classes, on campus, for University of Dayton Faculty and Staff. Heartfulness meditation is practiced in over 100 countries around the world. Please visit website [www.heartfulness.org](http://www.heartfulness.org) for guided relaxation videos and more information on Heartfulness meditation. Meditation will continue to be offered throughout the semester every Thursday from Jan 28-April 28 in Fitz Hall Room 638. Free to Faculty and Staff, walk-ins welcome. No registration necessary for weekly classes. **There will be raffle prizes for participants for wellness shirt. You can also earn 10 points on the health activity tracker for your annual incentive.**

**Until my Ship Comes In: A Guide to winning over chronic stress by Kristy Schooler Matheson, LSW, CDP**

Date: January 26<sup>th</sup>, Location: KU Room 331, Time: 12:00-12:50pm

**Description:** Kristy has been a social worker for 17 years and community educator for 6 of those years. She has a passion for sharing her wisdom on conquering stress based on her own personal experiences and those with her clients. This interactive workshop will explore the meaning of chronic vs. situational stress, and how so many of us put off our own happiness waiting for something to change. This seminar will discuss the power of negative emotions on our mind, body and spirit, and how to combat those emotions

by being proactive and intentional in our emotional and physical health. **There will be raffle prizes for participants for a wellness shirt and all will receive a wellness resource called Stop Stress this minute. You can also earn 10 points on the health activity tracker for your annual incentive.**

#### **Mindful Eating by Theresa Gilbert**

Date: February 11<sup>th</sup>, Location: WPAFB Conference Room, Time: 12:00-12:50pm

**Description:** Learn about The Center for Mindful Eating and variety of resources it offers to become a mindful eater. Mindful eating is allowing yourself to become aware of the positive and nurturing opportunities that are available through food selection and preparation by respecting your own inner wisdom. Using all your senses to satisfy and nourish your body, acknowledging your responses to food without judgement and becoming aware of physical hunger and satiety cues to guide your decisions to begin and end eating - you can change your relationship with food. Learn how by attending this session! **There will be raffle prizes for participants for a wellness shirt. You can also earn 10 points on the health activity tracker for your annual incentive.**

#### **Heart Health by Dr. Harvey Hahn, Kettering Cardiologist**

Date: February 10<sup>th</sup>, Location: KU 222, Time: 12:00-12:50pm

**Description:** Dr. Hahn is a cardiologist from Kettering Health Network and will discuss heart health along with practical ideas to get yourself and your family members into shape inside and out! **There will be raffle prizes for participants for a wellness shirt. You can also earn 10 points on the health activity tracker for your annual incentive.**

#### **Colorful World of Wellness-Adult Coloring Information Session by Theresa Gilbert**

Date: March 16<sup>th</sup>, Location: KU 207, Time: 12:00-12:50pm

**Description:** Learn about this new class offering which will be a free, walk in coloring sessions using adult coloring books (option: purchase own adult coloring books for minimal fee/I will have some available) Adult coloring can help you de stress as it has a meditative aspect that allows you to relax and reduces stress and anxiety levels. Coloring is also good for your brain as it takes focus which is also good as it helps you put other stressful issues aside for the time being. It is also an opportunity to make new friends and enjoy the social aspect while coloring. Learn more about your creative side and embrace your inner child with this new offering! It will be offered on Wednesdays from 12-12:45 pm from March 23<sup>rd</sup> to April 27<sup>th</sup> in KU 207 (except April 20<sup>th</sup>) – come whenever you would like and for as long as you'd like! (no registration needed for weekly classes). **There will be raffle prizes for participants for a wellness shirt. You can also earn 10 points on the health activity tracker for your annual incentive.**

**Fitness That Works by Kelsey Schlater, BS Exercise Science, Graduate Student in Doctorate of Physical Therapy Program at UD**

Date: March 8th, Time: 11:00-11:50am, Location: KU 331

**Description:** Learn about some simple fitness moves you can do at home or at work during breaks to get great results. Key moves that involve the core principles of balance, reach, step-pull, squat-lift, twist, and lunge. All participants will receive a beautiful 100 page booklet entitled "Fitness that Works". Wear comfortable shoes in case you want to try some of the moves in class! **There will be raffle prizes for participants for a wellness shirt. You can also earn 10 points on the health activity tracker for your annual incentive.**

**Mindfulness by Dr. Scott Hall**

Date: April 19<sup>th</sup>, Time: 12:00-12:50pm, Location: KU Room 310

**Description:** Dr. Scott Hall is Associate Professor, Clinical Mental Health Counseling at UD. In addition, he has a counseling practice and has used mindfulness in his practice.

Mindfulness means maintaining a moment by moment awareness of our thoughts, feelings, bodily sensations and surrounding environment. Studies have shown that practicing mindfulness, even for just a few weeks, can bring a variety of physical, psychological, and social benefits. Join Dr. Hall for this lunch and learn that will provide you an overview of mindfulness, along with excellent resources to continue learning more about it! **There will be raffle prizes for participants for a wellness shirt. You can also earn 10 points on the health activity tracker for your annual incentive.**