

FACULTY AND STAFF WELLNESS PROGRAM

Fall Semester 2017 – Programs & Wellness Opportunities

Fall 2017 Programs:

Smoking Cessation Program for employees and/or spouses: TBD

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 Danita Daniels a Certified Tobacco Treatment Specialist. All participants will receive FREE NRT (patches) for one month (an \$80-\$100 value).

Dates and Location: **TBD** – announced mid to late fall

Fall 2017 Wellness Screenings

Annual Health Evaluations and flu vaccinations with HealthWorks

Dates/Location/Times:

- **Kennedy Union Ballroom**
October 3rd, 4th, and 5th
Time: 7 am – 2 pm
- **1700 Building Marshall Room**
October 10th
Time: 7 am – 2 pm
- **Wright Patterson AFB Cafetorium**
October 11th
Time: 8 am – 11:30 am
- **Fitz Hall Public Safety Conference Room**
October 12th
Times: 7 am – 2 pm

Registration details: Sign up dates and more details will be posted soon on Porches and the Faculty and Staff Wellness Program website at udayton.edu/hr/wellness-program. Contact Maci Byers at mbyers1@udayton.edu or X92743 with questions or for more information.

Health Fair Event

Kennedy Union Ballroom

October 3rd

10 am – 2 pm

Fall 2017 Lunch and Learns:

Bring your own lunch all are free. REGISTER FOR ALL LUNCH AND LEARNS at go.udayton.edu/hrwellness

1. Katie Neubert – SICSA, Become a Paws Partners Active Volunteer

Date: 9/1/2017

Location: KU 222, 12:00 – 12:50 PM

Description: SICSA is always looking for passionate individuals to help provide support to the animals in their care. At this brown bag, participants will become “certified” **Paw Partners Active Volunteers**. Once certified you are able to stop in at SICSA and the staff will harness up a dog looking to go for a walk. The volunteers can put animals in their car, head out directly into the neighborhood for a walk, or hike! Volunteers then bring back the dog having exercised both themselves and the dog! Points can be earned in The Health Activity Tracker for walks.

Prior to the lunch and learn, I would need the participants to fill out our volunteer application.

<https://www.sicsa.org/volunteer/adult-volunteer/>

This includes our liability waiver for our volunteers.

It also means that I can have them set up so that they literally could stop by on the way home after work to take a dog for a hike, if you provide me with a roster of participants.

2. Mark Hoying – RecPlex Membership Information

Date: 9/7/2017

Location: KU 310, 12:00 – 12:50 PM

Description: Please join Mark Hoying the Associate Director of Member Services and Student Learning at the RecPlex to learn more about RecPlex memberships and programs. This brown bag will cover the different types of memberships available; add on options, guest passes and the HR subsidy. Mark will also discuss programs and services offered at the recreation complex for faculty and staff. Come learn more about a community that will motivate, inspire and empower your fitness goals!

3. UD Women's Center – Positive Vibes Only

Date: 9/13/2017

Location: KU 222, 12:00 – 12:50 PM

Description: We all know that in order to live a healthy life, men and women need to eat right, get enough sleep, and exercise regularly. However, overall health is also impacted by how we treat ourselves- emotionally and mentally- and sometimes we can be our own worst critic. Join us for an informal conversation about the concept of self-compassion and learn strategies to reframe our negative self-talk and thoughts into a more positive, healthy outlook.

4. PNC Bank – Pay Yourself First

Date: 9/21/2017

Location: KU 222, 12:00 – 12:50 PM

Description: Saving effectively requires understanding savings options and developing savings goals. Whether you want to take a vacation, buy a new home or car, pay for your child's college tuition, or retiree, effective savings practice can help make it all possible.

5. Mike McClure – Self Defense

Date: 10/13/2017

Location: KU 222, 12:00 – 12:50 PM

Description: The first rule when confronted by an assailant is to give up your material possessions (wallet, purse, phone, etc.) and live another day. Your life is more important than any material possession! But what if you give up your possessions and the assailant tries to drag you off and cause you harm? What can you do? Join Mike McClure for a Lunch and Learn on avoiding dangerous situations and reviewing some basic self-defense techniques.

6. Rich Munn – How to Lose Weight Effectively

Date: 10/31/2017

Location: KU 310, 12:00 – 12:50 PM

Description: Americans are obsessed with weight loss. We hear about it, we read about it and we talk about it continually. We also spend millions of dollars a year on ineffective products. Separating fact from fiction plays a major role in effective weight-loss. This presentation will focus on the balance between exercise, nutrition and rest for effective weight maintenance. You are ultimately responsible for your own health but you also need the correct information.

7. Stress Reducing Coloring

Date: 11/9/2017

Location: KU 222, 12:00 – 12:50 PM

Description: 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 class!

8. Outdoor Recreation Opportunities – Five Rivers MetroParks

Date: 11/15/2017

Location: KU 331, 12:00 – 12:50 PM

Description: Come learn about the different programs offered at Five Rivers MetroParks. A general overview of programs and activities offered at the parks will be covered and include fishing, paddling and hiking opportunities available.

9. PNC Bank – To Your Credit

Date: 11/16/2017

Location: KU 222, 12:00 – 12:50 PM

Description: How much do you really know about credit reports and credit history? Learn why credit is important, as well as how to order, read, and analyze your credit report. Discover how you can build or improve your credit history and use credit even more effectively as you strive to achieve your financial goals.

10. UD Women’s Center – Balancing Work & Life Through the Holiday

Date: 11/28/2017

Location: KU 310, 12:00 – 12:50 PM

Description: Integrating work and family life can be challenging year-round, but during the busy and stressful holiday season, finding balance can sometimes feel impossible. In this interactive presentation, we will discuss the practicality of work/life integration and learn helpful tricks and strategies for better balance during the holidays.

11. Interactive Stretching and Chair Yoga – Robin Oldfield

Date: 11/30/2017

Location: KU 331, 12:00 – 12:50 PM

Description: Robin Oldfield will facilitate a brief chair yoga session. Robin has worked at UD for 17 years in Environmental Health & Safety/Risk Management and has been teaching yoga through the Wellness Program off and on since 2006. Robin has been practicing yoga for over thirty years and is certified in several different lineages. She incorporates Yoga in to her life and into her work, Particularly in the area of ergonomics