

FACULTY AND STAFF WELLNESS PROGRAM

SPRING 2017 – Programs, Challenges & Wellness Opportunities

Spring 2017 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 Donecha Daniels, a Certified Tobacco Treatment Specialist. This program will consist of 5 consecutive weekly classes one-hour duration for each. All participants will receive FREE NRT (patches) for one month (an \$80-\$100 value).

Dates and Location: Feb 1, 8, 15, and 22 and March 1, Kennedy Union Room 222

Time: 6:00 – 7:00 pm

Cost: Free

Register: Online at go.udayton.edu/hrwellness or contact Maci Byers at 937-229-2743

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? This program incorporates eating and enjoyable movement 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 10-week program. The ideal person for this program is someone interested in a non-diet, mindful eating approach 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 8 out of the 10 sessions, you will receive 50% of your fees back at the end.

Dates: Wednesdays, Jan 18, 25, Feb 1, 8, 15, 22, March 1, 8, 15, 22

Time: 5:00 - 6:00 pm

Location: Kennedy Union Room 312

Cost: \$50.00, you will receive 50% refund if you attend at least 8 out of the 10 sessions.

Cooking Demonstrations:

Theresa Gilbert, MSED, RD, LD

Dates: March 16th, 2017 **AND** March 23rd, 5:00-6:30 pm

Location: Fitz Hall Food Lab Room 557

Description: Cooking demonstrations will focus on recipes that are quick and easy for a busy couple or family. The recipes will encourage increased intake of fruits, vegetables and whole grains. Participants will be put into small groups and prepare recipes for group tasting. There will be enough food for you to enjoy a dinner meal prior to going home for the day! Theresa will share resources and educate the class on tips for fast and healthy meal preparation keeping good health and nutrition in mind! Class sizes limited to 15 per session.

Spring 2017 Challenge: TBD

Spring Benefit Eligible Faculty and Staff can use these week long 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 meet the guideline that are stated for each challenge 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). More challenge information to come in February!

Spring 2017 Lunch & Learns

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

1.) Health Activity Tracker Q&A

Maci Byers

Date: January 18, 12-12:50 pm

Location: KU 222

Description: The Health Activity Online Tracker begins with Tier 1, completion of a health evaluation which includes biometric screening and health risk assessment, earning you a \$120.00 discount on your annual healthcare premium. For Tier 2, use the health activity tracker and choose from activities that can further reduce your healthcare premium by an additional \$120.00. Join the wellness coordinator to listen and discuss some frequently asked questions and get a better understanding of the tracker.

2.) Yoga Nidra

Barb Morsa

Date: January 26, 12-12:50 pm

Location: KU 310

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 & 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.

3.) Fitness Anecdotes, Guiding Principles for a Healthy Lifestyle

Rich Munn

Date: January 31, 12-12:50 pm

Location: KU 310

Description: Fitness and nutrition can be confusing with all of the available information out there. Information seems to be conflicting and nebulous. Fitness anecdotes will give you easy to remember common sense phrases that will allow you to make progress toward your fitness goals. If you understand how your body operates your fitness and nutrition habits will naturally follow.

4.) Carb Confusion

Theresa Gilbert

Date: February 7, 12-12:50 pm

Location: KU 222

Description: Join Theresa Gilbert, Registered Dietitian for this presentation addressing a variety of topics around carbohydrates to include defining carbohydrates and the bodies requirements for optimal health, energy, mood and focus; sugar and fiber recommendations; and whole grains. Learn some new ideas for your dinner table. Theresa will bring some samples of whole grain dishes for the participants to sample.

5.) Anthem – Easy Ways to Become More engaged in Your Healthcare Options and Resources

Carolyn Jacobs

Date: February 22, 12-12:50 pm

Location: KU 310

6.) How to Stay Young the First Hundred Years

Dr. Jim Byers

Date: February 23, 12-12:50 pm

Location: KU 310

Description: Dr. Byers has been a licensed Chiropractor in Ohio and Illinois for the last 17 years. During this presentation Dr. Byers will discuss tools for achieving and maintaining optimal health and bring awareness to alternative treatments like chiropractic care.

7.) Women's Center- Being the Whole You: Integrating Work and Family Life

Margaret Murray

Date: March 7, 12-12:50 pm

Location: KU 331

Description: This interactive presentation covers the importance of aligning your life with your personal values, the impacts of stress when these values do not align, and strategies for work/life integration.

8.) Sports Nutrition

Theresa Gilbert

Date: March 9th, 12-12:50 pm

Location: KU 310

Description: Are you an avid exercise enthusiast interested in improving performance and energy levels? Training for long distance event this Spring or Summer? Join Theresa Gilbert, Registered Dietitian for this presentation focused on how to modify your diet to increase endurance and promote recovery. Requirements for protein, carbohydrates, and fats in your diet will be discussed along with providing practical and effective food ideas to implement into your daily routine.

9.) Throw Back Thursday, Let's Color

Jennifer Hayes

Date: March 15th, 12-12:50 pm

Location: KU 331

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!

10.)Mediation and Breathwork for Stress Reduction

Barb Morsa

Date: March 21st, 12-12:50 pm

Location: KU 310

Description: Looking for some relaxing and restorative meditation? Please join Barb as she guides you through relaxation and meditation techniques such as Breathwork, an active meditation technique for self-healing. This particular breathing pattern helps move stuck energy, allowing us to let go of the mind and open the heart.

11.)How Your Body is Impacted by Stressors

Dr. Jim Byers

Date: March 30th, 12-12:50 pm

Location: KU 310

Description: Dr. Byers has been a licensed Chiropractor in Ohio and Illinois for the last 17 years. During this presentation Dr. Byers will discuss how the human body is affected by daily stressors, he will also perform a demonstration using a Myo-vision scanner which shows areas of weakness and stress on the spine.

12.)Women's Center - How Gender Affects Health

Margaret Murray

Date: April 20th, 12-12:50 pm

Location: KU 310

Description: Both men and women need to eat right, get enough sleep, and exercise regularly in order to live a healthy life. However, overall health is impacted by *how* we take care of ourselves. This presentation will cover the gendered differences in physical, mental, and emotional health of women and men and how we can all lead healthier lives together