

FACULTY AND STAFF WELLNESS PROGRAM

Summer 2017 – Programs & Wellness Opportunities

Summer 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: Fitz Hall Room 659, Thursdays from June 1 through June 29

Time: 5:00 – 6:00 pm

Cost: Free

Register at: go.udayton.edu/hrwellness. Contact Maci Byers at 937-229-2743 with questions.

Spring 2017 Lunch & Learns

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

1.) Five Rivers Metro Park: Bike Week - Randy Ryberg

Date: May 16, 12-12:50 pm

Location: KU 331

Description: This presentation will be an overview of different types of bicycling, where to ride, local resources and other biking programs. This presentation is a good orientation to bicycling in the Miami Valley area.

2.) PNC Bank- Identify Theft

Date: June 6, 12-12:50 pm

Location: KU 222

Description: Identity theft occurs when someone steals key pieces of personal information, such as a name, driver's license, Social Security Number or account number, and uses them fraudulently. Please join PNC Bank to learn more about identity theft and how you can protect yourself from becoming a victim.

3.) Parkinson's Awareness and Health

Date: June 19, 12-12:50 pm

Location: KU 222

Description: Parkinson's disease is a progressive disorder of the nervous system that affects movement. It develops gradually, sometimes starting with a barely noticeable tremor in just one hand. The disease can't be cured but can be managed and controlled through medication and lifestyle changes. Please join us to learn more about Parkinson's Disease and how diet and exercise can be used to manage symptoms.

4.) Stress Reducing Coloring

Date: June 21, 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!

5.) Yoga Nidra

Date: July 6, 12-12:50 pm

Location: KU 222

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.

6.) Anthem

Date: July 26, 12-12:50 pm

Location: KU 222

Description: Please join UD's Anthem representative to learn about easy ways to become more engaged in your healthcare options. This presentation will focus on resources that are available to you as an Anthem member and tools you can utilize to better understand your healthcare choices.

7.) Lunch with TED: Health and Wellness Ted Talk

Date: August 1, 12-12:50 pm

Location: KU 222

Description: TED is a nonpartisan nonprofit devoted to spreading ideas, usually in the form of short, powerful **talks**. It's a media organization which posts talks online for free distribution, under the slogan "ideas worth spreading". Please join us to listen to some motivational TED talks focused on health and wellbeing.