

FACULTY AND STAFF WELLNESS PROGRAM

SPRING 2018 – Programs & Wellness Opportunities

- **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. Donecha Daniels, a Certified Tobacco Treatment Specialist (CTTS), will facilitate this program, which is modeled after a Mayo Clinic cessation program. This program will consist of five 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: Every Tuesday from February 20 through March 20 in KU 207

Time: 4:50 – 5:50 pm

Cost: Free

- **Spring 2018 Challenge: TBD**

Faculty and Staff have the option to participate in multiple weeklong challenges to improve health and well-being and engage in friendly competition with one another! Each wellness challenge is worth 10 points on the health activity tracker for those eligible. 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/March!

Spring 2018 Lunch & Learns: Bring your lunch and REGISTER online at www.go.udayton.edu/hrtraining

1. **Health Activity Tracker Q&A / Hazing Prevention Committee**

Date: 1/18/2018

Location: KU 222, 12:00 – 12:50 pm

Part One Description (20 minutes): 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, discuss some frequently asked questions, and get a better understanding of the tracker.

Part Two Description (30 minutes): The Hazing Prevention Committee at UD would use this time to discuss the definition of hazing at UD and share identified trends around student understanding of hazing. As part of the session participants would walk through one of the scenarios, we work through with students and identify ways to help students clarify their understanding of hazing. The session would wrap up with a small discussion on how fac/staff can help enhance the health of our community through hazing prevention work.

2. **SISCA Pet Adoption Center – New Volunteer Resolutions!**

Date: 1/30/2018

Location: KU 331, 12:00 – 12:50 pm

Description: Come learn more about the Paw Partner Active volunteer program. Get Up! Get Active! And Take a Shelter Pet for a Hike! This lunch and learn will focus on the Volunteer Orientation and Paw Partner Active Training Program offered through SISCA. *All participants should complete a Volunteer Application on SISCAS website prior to attending:* <https://www.sicsa.org/volunteer/adult-volunteer/>

3. **PNC Bank – Your Own Home**

Date: 2/1/2018

Location: KU 222, 12:00 -12:50 pm

Description: Learn the advantages and disadvantages of renting versus owning a home. Identify questions to ask to determine readiness to buy a home, identify basic terms and required disclosures used in mortgage transaction. Identify predatory lending practices and loan scams.

4. **Uma Mullupudi – Heartfulness Meditation**

Date: 2/20/2018

Location: KU 331, 1:00 – 1:50 pm

Description: Heartfulness is a simple practical way to experience the heart's unlimited resources. It includes guided relaxation and meditation techniques. The Beavercreek Natural Path Meditation Center will be offering free weekly Heartfulness relaxation & meditation classes on campus, for the University of Dayton Faculty and Staff. Heartfulness meditation is practiced in over 100 countries around the world. Please visit the website www.heartfulness.org for guided relaxation videos and more information on Heartfulness meditation.

5. **Karen Wonders - Maple Tree Cancer Alliance**

Date: 3/6/2018

Location: KU 331, 1:00 – 1:50 pm

Description: Karen the Executive Director of Maple Tree Cancer Alliance will speak on the importance of exercise and proper nutrition practices during and after cancer recovery.

6. **Anthem: Take Charge & Live Well**

Date: 3/14/2018

Location: KU 310, 12:00 – 12:50 pm

Description: Carolyn Jacob's RN, MS, CCM will lead an interactive workshop that will help participants understand the value of having a primary care physician. Participants will learn about after hour resources, how to keep a personal health record, and participate in a fun activity with a great giveaway at the end!

7. **Lifeworks: Managing Stress & The Road to Resiliency**

Date: 3/27/2018

Location: KU 222, 12:00 – 12:50 pm

Description: This seminar is designed to help you: Define stress and resilience, recognize personal stressors, identify qualities of resilience, explore strategies for maintaining resilience, and apply techniques to exert control and manage unrelenting stress.

8. **Lunch with TED**

Date: 4/5/2018

Location: KU 222, 12:00 -12:50 pm

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

9. Stress Reducing Coloring

Date: 4/12/2018

Location: KU 222, 12:00 – 12:50 pm

Description: Adult coloring can help reduce stress as it has a meditative aspect that allows you to relax. Coloring has shown to help reduce stress and anxiety levels. Coloring requires focus, which is good for your brain, and wellbeing as it can help put stressful issues aside for the time being. It is also a good opportunity to connect with others and enjoy the social aspect while coloring. Come learn more about your creative side and embrace your inner child with this class!

10. PNC Bank – Raising Money Smart Kids

Date: 4/26/2018

Location: KU 331, 12:00 – 12:50 pm

Description: By teaching your children about money at an early age, you can help them develop good financial habits – ones they may carry with them for the rest of their lives. Learn which money skills a child should master before leaving home and how to teach young children to save toward a goal.