

FACULTY AND STAFF WELLNESS PROGRAM

FALL 2016 – Programs, Challenges & Wellness Opportunities

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

Dates and Location: Tuesdays, Sept. 13th to Oct. 11th in KU 331

Time: 12:00-1:00 p.m.

Cost: Free

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

Fall 2016 Challenge: Lifeworks “Mission Nutrition” challenge from October 17 – November 14

Benefit Eligible Faculty and Staff can use these 4-6 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 meet the guidelines 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 October!

Fall 2016 Wellness Screenings

Annual Health Evaluations and flu vaccinations with HealthWorks

Location/Dates/Times:

Kennedy Union - Ballroom

September 26th, 27th & 28th

7:00 a.m. – 2:00 p.m.

Wright Patterson AFB - Cafetorium
October 4th
8:00 a.m. – 11:00 a.m.

1700 Building - Marshall Room
October 5th
7:00 a.m. – 2:00 p.m.

Fitz Hall - Public Safety Conference Room
October 6th
7:00 a.m. – 2:00 p.m.

Registration details: Sign up dates and more details will be posted soon on Porches and the [Faculty and Staff Wellness Website](#). Contact Maci Byers at mbyers1@udayton.edu or X92743 with questions or for more information.

Health Fair Event

Kennedy Union - Ballroom
September 26th
10:00 a.m. – 2:00 p.m.

Fall 2016 Lunch & Learns:

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

Beginners Guide to Exercise/Weight Training Basics

Rich Munn

Date: October 13th, 12:00-12:50 p.m.

Location: KU 310

Description: Do you want to start a new exercise regimen but are not sure where or how to begin? Or maybe you just purchased a gym membership, but when you get into the weight room you don't know what to do. This is a common feeling for those just starting their fitness journey. Before reaching for that barbell, you will need to know some basic training principles. Come learn some tips for getting

started and how to navigate your way around the weight room. **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.**

Cooking Demonstrations

Theresa Gilbert, MEd, RD, LD

Dates: October 20th, 5:00-7:30 p.m. & November 10th, 5:00-7:30 p.m.

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. **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.**

Heartfulness Meditation Introductory/Information Session

Uma Mullapudi

Date: October 25th, 12:00-12:50 p.m.

Location: KU 310

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 for guided relaxation videos and more information on Heartfulness meditation. **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.**

Intuitive Eating

Theresa Gilbert, MEd, RD, LD

Date: November 2nd, 12:00-12:50 p.m.

Location: KU 310

Description: Join Registered Dietitian and certified intuitive eating counselor, Theresa Gilbert, for this lunch and learn about Intuitive Eating which is a nontraditional but evidence based approach to nutrition and wellness. A definition of Intuitive Eating is: Learning to trust your body to know when and how much to eat; eating and moving mindfully and having flexibility with eating and exercise. It is paying attention to your eating and learning to identify hunger and satiety and noticing how your body responds to different food choices. It is a non-diet, health

focused approach that is nonjudgmental and emphasizes variety, moderation, balance & flexibility in food choices. If this appeals to you, you will definitely learn some strategies and resources to help you on the journey! **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.**

Ask the RD's

Jennifer Dalton, MS, RDN, LD & Diana Cuy Castellanos, RD

Date: November 8th, 12:00-12:50 p.m.

Location: KU 310

Description: Got questions about a healthy weight, healthy eating, nutrition, food or even a new diet trend? Please join two Registered Dietitians, for a fun Q&A informational session. Learn how a healthy diet improves health and fights disease based on facts. **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.**

Creating a Healthy Work Zone

Anne Crecelius, PhD & Jennifer Dalton, MS, RDN, LD

Date: November 16th, 12:00-12:50 p.m.

Location: KU 310

Description: Many of us spend 40 hours a week at work, if not more, and usually sitting in front of our desks or stressed. Not only does your work environment impact your health but it impacts your motivation, productivity and happiness. Come learn some exercise and nutrition tips for creating a healthy, efficient and positive work environment. **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.**

Mindful Eating

Theresa Gilbert, MEd, RD, LD

Date: November 17th, 12:00-12:50 p.m.

Location: KU 310

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.**