

SPRING 2019 EMPLOYEE WELLNESS EVENTS

Go to my.bw.edu/Employees/Wellness for all descriptions, registrations and appointments and to sign a **ONE-TIME** yearly waiver!

BW BEE WELL

Mission:

To create and sustain a culture of well-being that supports personal growth and vitality through strong community.

Managers are encouraged to support their staff members' attendance.

Employees may attend these sessions on University time.

For more information:

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- **Employee Mind Spa Open House**
Friday, January 25, 11 a.m.-12:30 p.m., Lindsay-Crossman Chapel, B11
Join us for refreshments and a tour and demonstration of amenities. Open daily.
Schedule a 30-minute appointment at my.bw.edu/Employees/Wellness
- **On the Move Challenge**
Join us as we MOVE to be the most active VP area at BW. Earn extra points as you learn, assess, boost and support. Twelve-week Challenge begins Monday, February 4!
- **Science of Healthy: *Mind, Body, Spirit, Healing***
Fridays, 12:00-12:50 p.m., Grindstone Room, Strosacker Hall
FREE healthy soup and salad lunch included.
Must RSVP: my.bw.edu/Employees/Wellness
 - February 1 – *The Mind and Optimal Well-being*
 - February 8 – *The Body and Optimal Well-being*
 - February 15 – *The Spirit and Optimal Well-being*
 - February 22 – *Healing for Optimal Well-being*
- **Wellness Wednesdays: *FREE Health Screenings and Chair Massage***
Wednesdays, February 13 and March 13, 11 a.m.-1 p.m.
Grindstone Room, Strosacker Hall
- **Biometric Screening: “*Know Your Numbers*”**
Monday-Friday, February 18-22, 7-9 a.m., Lou Higgins Therapy Lab D203
RSVP by Tuesday, February 12 at my.bw.edu/Employees/Wellness
- **Weight Watchers Workshop: *Freestyle***
Mondays, February 18-May 6, 11:30 a.m.-12:15 p.m.
Faculty Lounge, Strosacker Hall (*Must have minimum of 15 participants to be offered*)
OPEN HOUSE Mandatory Registration and Payment, Monday, February 11, 11:30 a.m. in the Faculty Lounge. Must RSVP: my.bw.edu/Employees/Wellness
- **KORU® Mindfulness**
Mondays, March 4, 11, 18 and 25; 4-5 p.m., Chapel Lounge, Lindsay-Crossman Chapel
Limited space(*Must be able to commit to all four sessions*)
Must RSVP: my.bw.edu/Employees/Wellness
- **Meet CLE: *Wellness Edition Half-Day Immersion–Mind, Body, Spirit, Community***
Thursday, March 7, 12-6 p.m. Explore and Engage in Cleveland.
Must RSVP at my.bw.edu/Employees/Wellness

SET YOUR INTENTIONS | JANUARY 2019

		1 Happy New Year!	2 We hope you had a wonderful break!	3 Welcome back! Check out what's happening in Wellness this semester.	4 Read here and learn why meditation is so important!	5 Weekends fly by! Click here to find out how to make the most of it.
6 How can you improve your financial wellness? Click here!	7 Did you know listening to happy music boosts creativity? Click here to read more!	8 How can you be more positive about your work? Click here for more!	9 Check out these stretches that you can do at your desk!	10 Click here for tips on how to improve your social wellbeing!	11 Take a moment to stop and write down what you are grateful for.	12 Squash is in season! Find out how to incorporate them into your diet here.
13 Check out some of these slow cooker recipes that will kick start your week!	14 Foster positive thinking! Click here for a quick exercise to get in the habit.	15 Click here for tips on how to improve your spiritual wellness!	16 Stressed? Click here for tips on how to build resiliency.	17 Click here for strategies on how to improve your physical health!	18 Grab your jacket and take a walk outside!	19 Start your morning with a quick 10-minute yoga session here.
20 Click here for soup recipes to warm you up!	21 Serve in your community to honor MLK! Click here to find opportunities.	22 Boost your productivity & mood by standing & moving through the day. Read here!	23 How can you improve your emotional wellness? Find out here!	24 On the Move starts Monday, February 4 th . Be on the lookout for information!	25 Come to the Mind Spa Open House at the Chapel from 11:30-12:30!	26 Click here for a list of healthy casserole recipes!
27 Meal prep for the week using these recipes here!	28 Click here to discover breathing techniques that reduce stress.	29 Click here to learn how to improve your occupational wellness!	30 Reserve your session at the Mind Spa here!	31 Make it a point to reach out to someone you haven't talked to in a while.		

*Happy Healthy New Year from the Wellness Advisory Council!
With support from Medical Mutual*