

# 2024 Winter & Spring Faculty & Staff Wellness Calendar

## January Simply Wellness Virtual Programs

**Wellness Wednesday: Body Positivity** (click or scan to view recording) . . . **Date: 1/10/2024**

The way we feel about ourselves and our bodies impacts our daily lives and the way we care for our health. Start the year off right with the Body Positive Model of health and wellbeing. **(200 points for viewing recording)**



**Mindful Monday: Renew & Refresh Yoga Break** (click or scan to register) . . . **Date: 1/22/2024**

Including a mindful movement break like chair yoga during your day can help you overcome life's stressors.



**Virgin Pulse Challenge (up to 200 points): 1/9 – 1/14 . . . Making Time for Friends** – Register on the Homepage.

## February Simply Wellness Virtual Programs

**Wellness Wednesday: 10 Tips to a Healthier Heart** (click or scan to register)

**Dates: 2/14/2024, Time: 12:00 pm – 1:00 pm (200 points)**

February is Heart Month. Get empowered to make simple lifestyle changes to lower and manage your risk for heart diseases.



**Special Webinar: Brain Power: Keep Your Brain Sharp as You Age** (click or scan to register)

**Date: 2/22/2024, Time: 1:00 pm – 1:30 pm (100 points)**

Want to stay sharp as you age? In this webinar, learn the benefits of participating in mentally stimulating activities and lifestyle strategies you can do to stimulate brain growth, maximize memory potential and stay on top of your game.



**Mindful Monday: Self-Compassion Meditation Break** (click or scan to register)

**Date: 2/26/2024, Time: 12:30 pm – 12:45 pm (100 points)**

Show yourself some love during Heart Month with a guided, self-compassion meditation to help you nurture a kinder relationship with yourself.



**Virgin Pulse Challenge (up to 200 points): 2/12 – 2/18 . . . Decision Fatigue** – Register on the Homepage.

## March Simply Wellness Virtual Programs

**Wellness Wednesday: Sleep Hygiene Webinar** (click or scan to register)

**Date: 3/13/2024, Time: 12:00 pm – 12:30 pm (200 points)**

It's Sleep Awareness Week! Poor sleep affects our health in so many ways – from appetite, weight and heart disease. Get tips to identify sleep disorders and improve sleep hygiene.



**Special Webinar: Satisfying Snacks** (click or scan to register)

**Date: 3/20/2024, Time: 1:00 pm – 1:30 pm (100 points)**

It's National Nutrition Month! Eating a healthy snack between meals can curb your appetite, keep your energy up and help feed your brain. In this webinar, you'll learn the elements of a well-rounded snack, and get a few tips and recipes for easy, healthy snacks for at home or on the go.



**Mindful Monday: Guided Stretch Break** (click or scan to register)

**Date: 3/25/2024, Time: 12:30 pm – 12:45 pm (100 points)**

This revitalizing stretch break gives you quick and effective movements that you can seamlessly integrate in your workday.



**Virgin Pulse Challenge (up to 200 points): 3/11 – 3/17 . . . Making Time for Mindfulness** – Register on the Homepage.

## April Simply Wellness Programs

**Wellness Wednesday: Caregiver Stress and Burnout** (click or scan to register)

**Dates: 4/10/2024, Time: 12:00 pm – 12:15 pm (200 points)**

It's Stress Awareness Month! Learn the signs of burnout and ways you can get help as a caregiver. You're not alone!



**Special Webinar: Back Health & Injury Prevention** (click or scan to register)

**Date: 4/16/2024, Time: 1:00 pm – 1:30 pm (100 points)**

It's Injury Prevention month! Even the simplest tasks can seem nearly impossible if you have a back injury. In this seminar, test your knowledge about back injuries, diagnosis and treatment. Learn techniques to help avoid injury, speed recovery and exercises to help maintain back health.



**Mindful Monday: Spring Renewal: Mindful Practices for Self-Care & Stress Reduction** (click or scan to register)

**Date: 4/22/2024, Time: 12:30 pm – 12:45 pm (100 points)**

Embrace the changing seasons with stress reduction and coping techniques to live a more relaxed life.



**Virgin Pulse Challenge (up to 200 points): 4/8 – 4/14 . . . Better Budgeting** – Register on the Homepage.

## May Simply Wellness Programs

**Wellness Wednesday: Get the Facts on Mental Health** (click or scan to register)

**Date: 5/8/2024, Time: 12:00 pm – 12:30 pm (200 points)**

In this presentation, you will learn the signs and symptoms of burnout, the difference between stress and burnout, and find ways to take action to overcome the physical and emotional damage that burnout can cause.



**Special Webinar: Fit in Fitness in Less Time** (click or scan to register)

**Date: 5/16/2024, Time: 1:00 pm – 1:30 pm (100 points)**

In this webinar, you will learn about the benefits and recommendations of physical activity with those who have limited time to exercise. Participants will also learn how to measure exercise intensity, how to set SMART exercise goals, and how to overcome setbacks.



**Mindful Monday: Happiness at Work** (click or scan to register)

**Date: 5/20/2024, Time: 12:30 pm – 12:45 pm (100 points)**

We spend much of our waking hours at work. Learn how to bring joy to your days, workplaces and spaces.



**Virgin Pulse Challenge (up to 200 points): 5/13 – 5/19 . . . Cut Down on Screen Time** – Register on the Homepage.

## June Simply Wellness Programs

**Wellness Wednesday: Stretching for Better Health** (click or scan to register)

**Dates: 6/12/2024, Time: 12:00 pm – 12:30 pm (200 points)**

Work-life balance allows you to stay productive and competitive at work while maintaining a happy, healthy home life. Get the opportunity to assess your work-life balance, identify consequences of an imbalanced lifestyle, discuss strategies to improve balance, and set next steps to establish work-life balance.



**Special Webinar: Get the Facts – Breast & Prostate Health** (click or scan to register)

**Date: 6/18/2024, Time: 1:00 pm – 1:30 pm (100 points)**

This webinar will provide an overview of breast and prostate cancer statistics, symptoms, risk factors and screenings. The presenter will also provide lifestyle recommendations for cancer risk reduction to promote healthier habits for long-term prevention.



**Mindful Monday: Yoga at Your Desk** (click or scan to register)

**Date: 6/24/2024, Time: 12:30 pm – 12:45 pm (100 points)**

Adding a simple movement routine during the workday can help reduce stress in your day to day.



**Virgin Pulse Challenge (up to 200 points): 6/10 – 6/16 . . . Staying Sharp** – Register on the Homepage.