



Spring 2020 Simply Wellness Calendar



January

Theme: New Year Goals

Event: The Skinny on Popular Diets

Date: 1/29/2020

Time: 12:00 pm – 1:00 pm

Location: Webinar

Event Description: This webinar will explain all of the Do's and Dont's with popular diets. (100 points)

Challenge: Move on the Hour

Description: Do you get up and move around at least once per hour??

February

Theme: February Health

Event: Cancer Prevention

Date: 2/4/2020

Time: 12:00 pm – 1:00 pm

Location: Providence Campus, Room 346

Event Description: This seminar will identify what cancer is, help participants understand preventative measures, and provide seven tips to reduce risk. (300 points)



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February

Event: Cancer Prevention

Date: 2/6/2020

Time: 12:00 pm – 1:00 pm

Location: Recreation Center, Conference Room 237

Event Description: This seminar will identify what cancer is, help participants understand preventative measures, and provide seven tips to reduce risk. (300 points)

Event: Ask A Nurse

Date: 2/25/2020

Time: 11:00 am – 1:00 pm

Location: Providence Campus, Room 232

Event Description: Stop by to ask a nurse your questions or learn more about general health. (100 points)

Event: Ask A Nurse

Date: 2/27/2020

Time: 10:00 am – 2:00 pm

Location: Recreation Center, Conference Room 237

Event Description: Stop by to ask a nurse your questions or learn more about general health. (100 points)

Challenge: Be In Bed

Description: Were you in bed for at least 7 hours??



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March

Theme: Take Care of Yourself

Event: Depression Webinar

Date: 3/18/2020

Time: 1:00 pm – 2:00 pm

Location: Webinar

Event Description: This webinar will explain what depression is, the risk factors, the symptoms, and what therapies and treatments are available. (100 points)

Event: Anxiety Webinar

Date: 3/31/2020

Time: 1:00 pm – 2:00 pm

Location: Webinar

Event Description: This webinar will explain what depression is, the risk factors, the symptoms, and what therapies and treatments are available. (100 points)

Challenge: Kindness Wins

Description: Did you treat your co-workers with kindness, fairness and respect??

Walking Club Begins!

Mondays . . . March 23rd, March 30th and April 6th.

Meet in front of the Recreation Center at 12:00 pm for a 45-minute walk around campus. (100 points per day)



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April

Theme: April Thoughts

Event: Metabolic Syndrome Seminar

Date: 4/21/2020

Time: 12:00 pm – 1:00 pm

Location: Recreation Center, Conference Room 237

Event Description: Participants will learn meaningful ways to understand this issue and gather helpful information to discuss with their healthcare providers. (300 points)

Challenge: Walk for Fitness

Description: Did you walk for at least 30 minutes today??

Cardio Tennis Begins!

Mondays . . . April 13th, April 20th and April 27th.

Meet at the tennis courts at 12:00 pm for a 45-minute workout. (100 points per day)



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May

Theme: Stay Healthy

Event: DermaScan Stop By

Date: 5/6/2020

Time: 10:00 am – 2:00 pm

Location: Recreation Center, Conference Room 237

Event Description: The DermaScan screening uses a harmless ultraviolet light to determine any potential skin damage of the participant's facial skin. (100 points)

Event: DermaScan Stop By

Date: 5/12/2020

Time: 11:00 am – 1:00 pm

Location: Providence Campus, Room 346

Event Description: The DermaScan screening uses a harmless ultraviolet light to determine any potential skin damage of the participant's facial skin. (100 points)

Challenge: Safety First

Description: Did you make safety a priority at work, home, etc. today??