



## 2025 Fall Wellness Calendar for Faculty & Staff

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### September Programs

**Wellness Wednesday: Balance: How to THRIVE Not Just Survive** (click to register)

**Date:** 9/10 **Time:** 12:00 pm – 12:30 pm

**Mindful Monday: Self-Care Meditation** (click to register)

**Date:** 9/22 **Time:** 12:30 pm – 12:45 pm

**Special Webinar: Better with Boundaries** (click to register)

**Date:** 9/29 **Time:** 1:00 pm – 1:30 pm

### October Programs

**Wellness Wednesday: Lifestyle Choices: 6 Tips to Address NOW for a Better Tomorrow** (click to register)

**Date:** 10/08 **Time:** 12:00 pm – 12:15 pm

**Save the Date: THRIVE @ Work Health & Benefits Fair**

**Date:** 10/15 Field House

**Mindful Monday: Chair Yoga for Health** (click to register)

**Date:** 10/27 **Time:** 12:30 pm – 12:45 pm

**\*ALL MONTH IN OCTOBER: STEP CHALLENGE on BlueCare Connect! Registration opens 9/15.**

## November Programs

**Wellness Wednesday: Shop & Cook to Prevent Diabetes** (click to register)

**Date:** 11/12 **Time:** 12:00 pm – 12:30 pm

**Special Webinar: Ergonomics at Work: Quick Tips to Feel Better** (click to register)

**Date:** 11/18 **Time:** 1:00 pm – 1:30 pm

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

**Date:** 11/24 **Time:** 12:30 pm – 12:45 pm

## December Programs

**Wellness Wednesday: Financial Wellbeing 101: Save More, Spend Less** (click to register)

**Dates:** 12/10 **Time:** 12:00 pm – 12:30 pm

**Special Webinar: Healthy Holiday Eating** (click to register)

**Date:** 12/16 **Time:** 1:00 pm – 1:30 pm

**Mindful Monday: 15 Minute Stretch Break** (click to register)

**Date:** 12/22 **Time:** 12:30 pm – 12:45 pm