

Faculty and Staff Wellness Program **Fall Semester 2022 – Wellness Activities.**

*** Save the Date for Fall 2022 Events ***

An email announcement with registration instructions will be sent out later this fall.

Employee Health Evaluations: Deadline to complete screening and online HRA: 11/1/2022

October 3: 8:30 – 11:30 am, location is Hope Hotel, for UDRI/WPAFB Employees

October 4th: 8:00 am – 2:00 pm, location is Campus Recreation building, MAC Gym

October 5th: 8:00 am – 2:00 pm, location is Campus Recreation building, MAC Gym

October 6th: 8:00 am – 2:00 pm, location is Campus Recreation building, MAC GYM

October 7th: 8:00 am – 2:00 pm, location is Curran Place, Marshall Room

Flu Shots:

Free flu shots will be available at all of the health screening events listed above. No appointment required to receive a walk-in flu shot.

Wellness Health Fair Event

November 18, 2022 from 10:30 am – 1:30 pm, Kennedy Union Ballroom. Vendors from the Dayton community and surrounding areas will be in attendance providing educational information regarding specific health issues, programs and services. More information will be shared closer to the date of the event!

Fall Wellness Lunch & Learns: To claim Health Tracker Points for online sessions *screenshot the Zoom page and/or send in an overview of the lunch & learn and date attended*. Verification can be uploaded or emailed to HealthWorks at udpoints@cincyhealthworks.com. For in person sessions, an attendance roster will be submitted to HealthWorks.

1. **Fifth Third Bank – Investing at Work**

Date: 8/30/2022

Time/Location: 12:00 – 12:50 PM, KU Room

Description: Participants will learn to apply best practices for investing in employer sponsored accounts, as well as learn to understand the advantages and disadvantages of various investment options. In addition, participants will learn how to compare the returns and fees of different investment options and how to implement investing strategies across their portfolio.



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2. [Airrosti – Foam Rolling Clinic](#)

Date: 9/20/2022

Time/Location: 1:00 – 1:50 PM, KU Room 310

Description: Would you like to learn how to improve your flexibility, increase blood flow and circulation, and reduce injuries or pain? Join us for an educational and interactive foam rolling class where you will learn how to use this valuable rehab tool. Let us teach you how using a foam roller can be an integral part of a healthy and active lifestyle.

3. [Kettering Health – The Beat Goes On](#)

Date: 9/28/2022

Time/Location: 1:00 – 1:50 PM, KU Room 310

Description: Join Brandy Love, a Registered Dietician with Kettering Health for a lunch & learn session centered around cardiovascular health and the important role nutrition plays in both overall risk factors and prevention.

4. [Kettering Health – Eating for Optimal Gut Health](#)

Date: 10/18/2022

Time/Location: 12:00 – 12:50 PM, KU Room 310

Description: Join Brandy Love, a Registered Dietician with Kettering Health who will be discussing how selecting better food choices and eating a balanced diet can help improve your overall gut health by increasing good gut bacteria.

5. [A Century of Change in White Oak Forests in Southeastern Ohio: Implications for Forest Management](#)

Date: 10/27/2022

Time/Location: 1:00 – 1:50 PM, KU Room 310

Description: Join environmental biology graduate student Peter Butterfield for a look at the changes in oak forests in Vinton County, southeastern Ohio. Oak trees have been on the decline in the eastern deciduous forest for the past 100-150 years. How does this change impact forest biodiversity? Or the forest industry? Peter will share his studies on tree rings and what he is learning about forest growth patterns, forest fire history, forest management, and best practices for long-term forest management.

6. [Sustainability – Environmental History of the UD Campus](#)

Date: 11/8/2022

Time/Location: 12:00 – 12:50 PM, KU Room 310

Description: Have you ever wondered what's under your feet as you walk across campus, how the last glaciers formed the landscape around UD, and how campus changed from farm to city? Join sustainability staff for a tour through the geologic and environmental history of



campus. Bring your lunch and walking shoes. We'll tour campus highlights from our past and present and enjoy an outdoor lunch (or indoor lunch if the weather is not suitable).

7. [Airrosti – Back Pain](#)

Date: 11/10/2022

Time/Location: 1:00 - 1:50 PM, KU Room 310

Description: Are you suffering from chronic back pain? Join Airrosti for an educational workshop to learn about a rapid recovery benefit that eliminates pain while preventing surgeries, injections, and other invasive care. Also learn how injuries and conditions occur, & what you can do to impact your own recovery.

8. [Alzheimer's Association – Healthy Living for Your Brain and Body](#)

Date: 11/14/2022

Time/Location: 12:00 – 12:50 PM, KU Room 222

Description: For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

9. [Kettering Health - Working Out the Knots \(how to use tools and stretching to decrease muscular pain\)](#)

Date: 11/29/2022

Time/Location: 1:00 – 1:50 PM, KU Room 310

Description: Join Kettering Health Exercise Physiologist Dani Ondreka for a session on dynamic stretching and self-myofascial release to learn techniques to help you relax sore muscles and decrease muscular pain.

10. [Fifth Third Bank – Debt Management](#)

Date: 12/1/2022

Time/Location: 1:00 – 1:50 PM, KU Room 310

Description: Participants will explain common reasons why people find themselves in debt and the most common types of debt and the value of using debt management strategies such as loan consolidation, budgeting, and debt management plans. Participants will also compare various debt management solutions and create a personal plan about how to manage their debt.



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