**Faculty and Staff Wellness Program
Spring Semester 2022 – Wellness Activities**

**Lark Diabetes Prevention Program:** Anthem has partnered with a company called **Lark** to offer a diabetes prevention program (DPP) that helps improve the health of those living with prediabetes by encouraging small lifestyle changes. Losing weight can make a big difference in lowering your risk for type 2 diabetes. If you're living with prediabetes, you are at an increased risk of developing type 2 diabetes, heart disease, and stroke.

You can participate in this program at no extra cost as part of your health plan. Track your progress, check in with your coach, and learn more about prediabetes right in **Lark’s free mobile app**. This program is flexible, convenient, and follows guidelines from the Centers for Disease Control and Prevention (CDC) to help you make small changes that can improve your health and decrease your risk over time.

The Lark DPP offers personalized digital coaching that helps members establish and continue healthy habits, making a difference to their overall health and well-being for years to come. To learn if you are at risk for prediabetes, go to [lark.com/anthem](http://lark.com/anthem) and take a quick one-minute survey to see if you qualify to enroll in [Lark's Diabetes Prevention Program](http://udayton.edu/hr/_resources/documents/wellness-info/2021-lark-diabetes-prev-prog.pdf).

**Spring 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. **If You Are What You Eat…Then How Do You Measure Up?**
**Date:** 1/18/2022
**Time/Location:** 1:00 – 1:50 PM, KU Room 331
**Description:** Start 2022 by making your nutrition a priority. Join Jane Key RD, LD, CC who is a Registered Dietitian and Chef with Kettering Health to discuss inflammation and foods to improve your health and well-being.
2. **PNC Bank - Budgeting****Date:** 1/20/2022
**Time/Location:** 12:00 – 12:50 PM, KU Room 331
**Description:** No matter what your personal financial situation is, knowing how to create and use a budget is important. Learn skills that will help you manage money and improve your overall understanding of how to achieve and maintain financial health.
3. **LifeWorks EAP – The Science of Goal Setting
Date:** 1/21/2022
**Time/Location:** 2:00 PM, Virtual: [Link](https://bli-meetings.webex.com/bli-meetings/onstage/g.php?MTID=ee1a52f5ff5afd82d13defe0b23705383)
**Description:**This class examines goal setting as a brain function. We will look at how the brain works by creating an awareness of the mental process and, thus, making it easier for us to develop new habits in relation to goal setting.
4. **TIAA - The Starting Line: Beginning to Save for Retirement
Date:** 1/26/2022**Time/Location**: 2:00 PM, Virtual: [Link](https://event.on24.com/wcc/r/3514641/C83043AC820DD5C07129E789A280B936)
5. **Sustainability - Pollinators, Prairies, and Green Roofs in Dayton
Date:** 2/2/2022
**Time/Location:** 12:00 – 12:50 PM, KU Room 331
**Description:**Join biology majors Brigid Morgan and Grace Jackson as they discuss the community of pollinators at the solar prairie and on green roofs in the Dayton area. The solar prairie at Curran Place was planted in 2018 to provide a pollinator habitat alongside UD's commitment to using renewable energy. What pollinators are visiting the prairie? Does routine maintenance affect the pollinator community? What about green roofs – do they support pollinators or provide other benefits? Come learn about the diversity of pollinators and what this means for the health of our urban ecosystems.
6. **Chair Yoga and Stretching**
**Date:** 2/10/2022
**Time/Location:** 1:00 – 1:50 PM, KU Room 222
**Description:** Join us for a Chair Yoga and Stretching session led by UD alumni and Exercise Physiologist Dani Ondreka, presented by Kettering Health. The class will cover a range of full body stretches that can be performed anywhere, even at your desk! All ages and limitations are welcome to participate.
7. **Airrosti – Teck Neck
Date:** 2/17/2022**Time/Location:** 12:00 – 12:50 PM, KU Room 331
**Description**: Spending two-thirds of our day with our necks angled downward while working on our computers or texting on our phones can lead to chronic pain and even result in more serious, long-term injuries. Join Airrosti for a free educational seminar to learn how to prevent and relieve the pain associated with repetitive neck stress.
8. **LifeWorks EAP – Self Compassion**
**Date:** 2/18/2022**Time/Location:** 2:00 PM, Virtual: [Link](https://bli-meetings.webex.com/bli-meetings/onstage/g.php?MTID=ee200b036f72731a850ac6ec1dfb3215c)
**Description:** During this pandemic, offering ourselves as much self-compassion and kindness as we offer to others is crucial to our physical and emotional wellbeing. The coronavirus is impacting all of us in different ways but something we can do is to learn self-compassion tools to practice and share with others.
9. **TIAA - Discover the Power of Financial Well-being
Date:** 2/24/2022 **Time/Location:** 2:00 PM, Virtual: [Link](https://event.on24.com/wcc/r/3514714/EE81809145E4D7D85BBD22AD57BE3184)
10. **Anthem – Program and Resources for Members
Date:** 3/1/2022 **Time/Location:** 12:00 – 12:50 PM, KU 310
**Description:** Join us for this session to learn more about current benefit programs available to you as an Anthem member. Programs include the Lark Diabetes Prevention Program and the Sydney Mobile App.
11. **Bike Miami Valley – Road Safety and the Link Bike Program
Date:** 3/10/2022 **Time/Location:** 12:00 – 12:50 PM, KU Room 331
**Description:** Join Bike Miami Valley for this session to learn the basics of how to ride your bike on the road safely. During this session they will discuss traffic principles, where to ride, hazards, how to ride in the bike lane and more. They will also share information about the Dayton Link Bike Program!
12. **Airrosti – Health at Your Desk
Date:** 3/24/2022 **Time/Location:** 1:00 – 1:50 PM, KU Room 331
**Description:** Is too much sitting contributing to your chronic aches and pains? Spending hours at a desk can lead to pain throughout the upper body and lower back. Proper posture is essential, but it’s only the first step towards improving back and neck health. Join us for an interactive workshop to learn simple techniques for reducing strain, improving range of motion, and increasing strength. We’ll also provide a conservative care option to help stop pain at the source.
13. **International Travel Health and Safety for UD Faculty and Staff Members
Date:** 3/31/2022 **Time/Location:** 12:00 – 1:00 PM, Virtual: Zoom (link will be provided before event)
**Description:** This session is designed for faculty and staff who anticipate having international travel for their job. (It is open to others, but note that some portions will only be applicable to UD travel.) Center for International Programs staff will cover topics such as: Preparing for a Healthy and Safe Trip (resources, things to consider, action items); UD Resources - Preventive and Emergency; Tips for Staying Safe While Abroad; and the UD Integrated Travel System (briefly). We will also briefly cover the High-Risk Travel Waiver process. This session should be useful to those that haven't traveled abroad on UD business since the pandemic, especially as some resources have changed.
14. **The Brook Center – Relationship Education
Date:** 4/13/2022 **Time/Location:** 12:00 – 12:50 PM, KU Room 331
**Presenters**: Kristen Keen, assistant dean of students and director, brook center; Laura Carper, coordinator, sexual violence prevention education; Riley Jelenick, coordinator, LGBTQ+ student services; Matthew Allen, coordinator, health equity education; Lindsey Young, GA, brook center
**Description:** The Brook Center is all about relationship education: we help students think more deeply about their relationships with themselves, others, and the world around them through discussion of mental health, health equity, LGBTQ+ identities, and sexual violence prevention.  Join us as we explore ways to be more inclusive in our work, answering questions such as: What do survivors of violence need to feel safe on campus?  How do I use chosen names and correct pronouns?  How can I make my classroom and work with students be as inclusive and supportive of their mental and physical wellbeing as possible?  Throughout the conversation, we will also share information about the programs that the Brook Center supports, including "Don't Cancel Your Class", YOU@Dayton, peer education programs, the Food4Flyers Pantry, Ally+ Workshop, and more.
15. **PNC Bank – It’s a Balancing Act
Date:** 4/21/2022 **Time/Location:** 1:00 – 1:50 PM, KU Room 331
**Description:** Members of the sandwich generation (adults caring simulations for children and adult parents) can learn how to help balance their own financial security and demands of caring for both children and again parents.

1. **Sustainability – 50 Years of Change in the Hueston Woods Beech-maple Old-Growth Preserve
Date:** 4/26/2022
**Time/Location:** 1:00 – 1:50 PM, KU Room310
**Description:** Brief description: Join biology graduate student Grace Attea to learn about her research in an old growth forest that's only an hour from campus. Hueston Woods State Nature Preserve is an old-growth beech-maple forest located near Oxford, Ohio. As a part of a long-term analysis on forest dynamics, a permanent research plot was established in 1981. To learn about how old-growth forests change over time, biologists revisited the site in 1988, 1994, and 2000. Come learn about these changes in the forest and how biologists use this information to understand ecological trends and develop conservation plans.