

## **Faculty and Staff Wellness Program**

**Fall Semester 2021 – Wellness Activities.**

**\*\* Save the Date for Fall 2021 Events \*\* An email announcement with registration instructions will be sent out later this fall.**

### **Employee Health Evaluations: Deadline to complete screening and online HRA: 11/1/2020**

- **October 4:** 8:00 – 11:00 am, location is Hope Hotel, for UDRI/WPAFB Employees
- **October 5<sup>th</sup>:** 8:00 am – 2:30 pm, location is Campus Recreation building, MAC Gym
- **October 6<sup>th</sup>:** 8:00 am – 2:30 pm, location is Campus Recreation building, MAC Gym
- **October 7<sup>th</sup>:** 8:00 am – 2:30 pm, location is Campus Recreation building, MAC GYM
- **October 8<sup>th</sup>:** 8:00 am – 2:30 pm, location is Curran Place, Marshall Room

**\* Free flu shots will be available at all events listed above. \***

### **Wellness Health Fair**

- **November 18, 2021** from 11:00 am – 2:00 pm, Kennedy Union Ballroom. More information will be shared closer to the date of the event.

### **Premier Health Mobile Mammography Unit on Campus/Screenings**

- **November 29, 2021** from 7:30 am – 3:30 pm, C Lot Parking Area by Appointment only. 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 [udpointh@cityhealthworks.com](mailto:udpointh@cityhealthworks.com). For in person sessions, an attendance roster will be submitted to HealthWorks.

1. [Selecting the Right Footwear for You and Your Exercise Program](#)

**Date:** 8/31/2021

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

**Presenter:** Up and Running, Susie Stein

**Description:** Up and Running is not just for runners! While they do use their fitting process for runners, they also assist walkers, individuals with medical referrals, dog walkers, comfort seekers and more! The number one piece of equipment you can have is a proper shoe fit! Join us for this session to learn how to select the best pair of shoes for you and your needs.

2. [Boost Your Credit Score](#)

**Date:** 9/8/2021

**Time/Location:** 1 – 1:50 PM, KU Room 222

**Presenter:** Fifth Third Bank

**Description:** Credit can be your friend or foe. Come learn what credit means, why it's important, how to clean up bad credit and how to establish good credit in this fun and practical class.

3. [Creating Your Financial Foundation, pt. 1](#)

**Date:** 9/15/2021

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

**Presenter:** PNC Bank

**Description:** This budgeting workshop can help you manage expenses, pay down debt, and save for future financial goals. Learn how to find a budgeting tool you like, integrate savings into your budget, and borrow responsibly.

4. [Shared Trauma: Making Meaning of Trauma as We Navigate the Impact of COVID-19](#)

**Date:** 9/21/2021

**Time/Location:** 1:00 – 1:50 PM, KU Room 222

**Presenter:** UD Women's Center

**Description:** Join the UD Women's Center for a lunch and learn session that will cover an introduction to trauma related vocabulary as well as possible ways to navigate the shared impact of COVID-19 (specifically bringing in the term trauma stewardship coined by Laura van Dernoot Lipsky).

5. [Strategies to Slash Your Debt](#)

**Date:** 10/5/2021

**Time/Location:** 1:00 – 1:50 PM, KU Room 331

**Presenter:** Fifth Third Bank

**Description:** Learning how to slash your debt with four different practical approaches which is the best way to get that debt snowball rolling. Come learn the ways to help prevent yourself from getting into debt in the future.

6. [Health on the Move](#)

**Date:** 10/6/2021

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

**Presenter:** Airrosti

**Description:** During this educational session, you will learn more about the common lower extremity conditions that are affecting millions of Americans. We will cover valuable tips that can be applied to relieve and/or prevent lower body pain—including back pain, sciatica, hip, knee and foot pain. Those who are currently suffering from a related condition will be shown best practices and exercises to help relieve the pain and discomfort.

7. [Leveraging Your Financial Foundation, pt. 2](#)

**Date:** 10/20/2021

**Time/Location:** 1:00 – 1:50 PM, KU Room 331

**Presenter:** PNC Bank

**Description:** If you're an experienced professional starting to think about retirement, this workshop is for you. Learn about our four-step checklist for planning retirement income, and how to protect your retirement assets by safeguarding personal data.

8. [Release, Rejuvenate, Cleansing Technique to Balance your Energy and Body](#)

**Date:** 11/2/2021

**Time/Location:** 1:00 -1:50 PM, KU Room 222

**Presenter:** Uma Mullapudi, Heartfulness Meditation

**Description:** Please join Uma Mullapudi from Heartfulness Institute, to learn to use the technique of cleansing the stress out of your energy field to feel rejuvenated and positive at the end of the day. Heartfulness Institute is a nonprofit educational organization for wellness and training. They serve in the community by offering meditation techniques of various kinds for individuals to find balance and lead a peaceful life.

9. [Building Resilient and Sustainable Communities in Dayton, Ohio](#)

**Date:** 11/10/2021

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

**Presenter:** Meg Maloney

**Description:** How do we build more resilient and sustainable communities in the midst of a changing climate? Join UD alum and City of Dayton Sustainability Specialist Meg Maloney for an introduction to sustainability and resilience, results of her recent resilience research, and best practices the City of Dayton is adopting for increasing community resilience and sustainability.

10. [Saving Energy \(and Money!\) at Home](#)

**Date:** 11/18/2021

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

**Presenter:** Tim Pritchard

**Description:** Join Metroparks Sustainability Coordinator Tim Pritchard for a kick-start guide to improving energy efficiency at home or office. Learn key DIY projects and tips for reducing the amount of electricity or natural gas you use for your home--while saving money for a high return on your investment.

11. [New Year New You](#)

**Date:** 12/1/2021

**Time/Location:** 1:00 – 1:50 PM, KU Room 222

**Presenter:** YMCA of Greater Dayton

**Description:** The YMCA has several program options as we start the New Year to help you to achieve optimal health and wellness. We have programs such as New Year New You, Move 2 Lose and others that will be shared during the presentation. We will give you insights into how to begin to build habits to help you improve your lifestyle through healthy eating, physical activity and behavior change. The Move 2 Lose program is proven success in helping participants lose weight and reaching their goals. Come hear more about what the Y has to offer!

12. [Strengthening Your Financial Foundation, pt. 3](#)

**Date:** 12/2/2021

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

**Presenter:** PNC Bank

**Description:** Designed for millennials, this workshop will help you feel more confident about your financial future. Learn how to integrate automatic savings into your budget, maximize the benefits from your employer's 401(k) plan, and improve your credit score.