

Summer of Wellness



June 2017

Calendar of Events for Faculty and Staff

For more information or to register visit the NEOMED Wellness Portal www.neomedwellnessfs.com or contact Jacy Watson jwatson@sequoia-wellness.com

<p>June 12 Rock Your Way to Wellness challenge Week 2</p> <p>Mindful Monday: Ergonomic Assessments 11-2</p>	<p>June 13</p>	<p>June 14 Wellness Wednesday: Emergency Preparedness 12-1</p>	<p>June 15</p>	<p>June 16 Fit & Fun Friday</p> <p>Campus Close at 4</p>
<p>June 19 Rock Your Way to Wellness challenge Week 3</p> <p>Motivation Monday Facilitated Discussion 12-12:30</p>	<p>June 20 Training Tuesday Wake Up & Move 8:00-8:45</p>	<p>June 21 Walking Shoe Wednesday Group Walk 12-12:30</p>	<p>June 22 Take A Breather Thursday Activities in the NEW Center Atrium 11-2</p>	<p>June 23 Fit & Fun Friday</p> <p>Outdoor Yard Games 11-2</p> <p>Campus Close at 4</p>
<p>June 26 Rock Your Way to Wellness challenge Week 4</p> <p>Motivation Monday Weekly Challenge</p>	<p>June 27 Training Tuesday Circuit Training 12-12:45</p>	<p>June 28 Walking Shoe Wednesday Group Walk 12-12:30</p>	<p>June 29 Take A Breather Thursday Activities in the NEW Center Atrium 11-2</p>	<p>June 30 Fit & Fun Friday</p> <p>Outdoor Yard Games 11-2</p> <p>Campus Close at 4</p>

FACULTY AND STAFF



All activities award points toward your Wellness Discount.

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Program	Description	Location	Time Frame
Motivation Mondays <i>Weekly Challenges</i> Every other Monday (alternating with Facilitated Discussions)	Join a challenge every other week in the wellness portal to push yourself towards achieving health goals	Wellness Portal	
Motivation Mondays <i>Facilitated Discussions</i> Every other Monday (alternating with Weekly Challenges)	These informal groups will discuss a new health and motivation related topic each session, getting your week off to the right start!	NEW Center Atrium seating next to Erie Island Coffee	12:00 pm – 12:30 pm
Training Tuesdays <i>Wake Up & Move</i> Every other Tuesday (alternating with Quick & Easy Circuit Training)	Get up and get moving to start your day! This exercise session will include activities that can be done in your work clothes. Join in on your way into the building for all of part of the class.	NEW Center Atrium Next to the Sequoia Wellness Entrance	8:00 am – 8:45 am
Training Tuesdays <i>Quick & Easy Circuit Training</i> Every other Tuesday (alternating with Wake Up & Move)	Fit in exercise during your lunch break by completing this whole-body circuit workout with separate stations for each exercise.	NEW Center Atrium	12:00 pm – 12:45 pm
Walking Shoe Wednesdays <i>Take a Break for Fitness</i>	Wear your walking shoes to work every Wednesday and set aside time to incorporate fitness into your day. There will be an organized group walk each Wednesday.	Group walks will meet at the fountain	Group walks will take place from 12:00 pm -12:30 pm
Take a “Breather” Thursdays <i>Slow Down Your Pace</i>	Step away from your desk and refresh your mind with stress relieving games and activities! Examples activities include: adult coloring books, Slinky’s, puzzles, sudoku, chess, and checkers.	NEW Center Atrium	11:00 am – 2:00 pm
Fit & Fun Fridays	Take a break with co-workers to play a round of cornhole or ladder ball! Various yard games will be set up for drop in use.	The Village Lawn	11:00 am – 2:00 pm
SPECIAL INCENTIVE: Fit & Fun Fridays	The NEOMED campus will close at 4:00 pm on Friday afternoons during the summer to allow for getting a head start on weekend plans with family and friends.		Campus Closing at 4 pm

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