



## FACULTY AND STAFF

# Live Well for Life - April 2017

Live Well for Life this month by participating in the following FREE programs! Programs are available to all NEOMED faculty, staff and their spouses. These programs will offer points towards the 2018 Wellness Discount.

### Wellness Wednesday -

“The “Clean Eating” Trend...What Does It Mean?”

Presented by Chrys Zellers RD

Wednesday, April 12<sup>th</sup> Noon - 1 pm

NEW Center 2016

Of course we all want to eat clean! Familiar foods have now been reclassified as whole food, processed food, non gmo, all natural, unrefined, organic ... How do we choose the healthiest options?

10 wellness points awarded for participating

### Wellness Challenge -

**Finance Challenge opens on the portal on April 3<sup>rd</sup>!**

What would you do with an extra \$50? What about \$500 or more? Turn dreams into reality with the financial wellness challenge! Use easily applied strategies that fit your lifestyle to achieve abundance!

20 wellness points awarded for participating

**Move Breaks** - Move Breaks occur on a weekly basis and are held every Tuesday & Thursday at 12 pm. You can attend these on campus sessions in person or you can livestream them and participate in your own workspace! Livestream sessions will be posted on the portal as well, so you can access the Move Break session at a later time if you were unable to participate during the session.

10 wellness points awarded for participating

### Mindful Monday-

Life: Balancing the Personal with the Professional

Presented by Terri O'Reilly M. Ed

Monday, April 17<sup>th</sup> Noon - 1 pm

NEW Center 2016

Ever feel as if you are being tugged by both your personal and professional life? Participants in this workshop will identify and prioritize those items that seem to be taking over their life whether it be personal or professional. They will create a map that fits their own household to help reduce the burdens and stressors that appear to be overwhelming and all consuming.

10 wellness points awarded for participating

### Wellness Discount Reminder -

Have you started earning points toward your 2018 Wellness Discount? Employees can now track their progress through the NEOMED Wellness Portal. Employees must achieve **200 points by September 30, 2017** to receive discount in 2018.

- *Qualification 1* - 100 Points for participating in NEOMED Wellness Activities
- *Qualification 2* - 50 points for submitting physician wellness visit form between January 1- September 30, 2017 **(REQUIRED)**
- *Qualification 3* - 50 points for completing HRA through wellness portal. HRA will open on September 1, 2017 **(REQUIRED)**

To livestream sessions, please go to the Resources tab of the Wellness Portal. For more information or to register for these programs visit our wellness portal: [www.neomedwellnessfs.com](http://www.neomedwellnessfs.com)!