

HealthyUNCG

HEALTHY TEAM, HEALTHY U

OCTOBER 2017 NEWSLETTER

What's Going On

OCTOBER IS EMPLOYEE WELLNESS MONTH!

Special wellness events, workshops and prizes!

ARE WE MEETING YOUR NEEDS?

HealthyUNCG is hosting focus groups to find out how to support wellness needs of our employees.

GET CAUGHT!

Caught Being Healthy is in full effect! Submit a coworker for our "Caught Being Healthy" Award!

UNCG



HealthyUNCG is UNCG's wellness program exclusively for UNCG employees. Our mission is to provide UNCG employees with information, programs and services that help to promote a healthier lifestyle and a better quality of life. **HealthyUNCG** offers a wide variety of wellness opportunities such as group fitness, health coaching, health risk assessment and consultation, nutrition counseling, fitness lending library, video tutorials, special programming and more!





**What are we doing in OCTOBER
to celebrate UNCG's Employee
Wellness Month?**

- Flu Shot Clinics
- Personal Wellness Profile
- Cooking class
- Nutrition workshop
- Essential Oils for Life Enhancement
- ActiveU group fitness sampler

***A Healthier U for a
Healthier Workplace***

***Join us for a month of healthy events, prizes and
giveaways for UNCG employees only!***

STRIVE FOR A HEALTHIER U

For More Information: Please visit www.healthy.uncg.edu

Nutrition

EXCITING NEWS!

For the first time ever **HealthyUNCG** is offering One on One nutrition consultations with a registered dietitian! Registered Dietitian Cari Culp will be ONSITE to assist you individually with meeting your nutrition goals.

Are you struggling with your weight, need help managing your diabetes, high blood pressure, cholesterol, or need more help with learning how to eat healthy? Cari can assess your current intake and make practical goals that will help you become a healthier you. If you have BCBS insurance, there is no charge for the consultation and is a part of your benefit plan that we encourage to take part of as part of our commitment to employee wellness. If you are not on BCBS plan, contact our office and we will be happy to discuss your options.

To schedule an appointment, follow the calendar link here: **calendar**
A **HealthyUNCG** staff member will contact you to follow up with details and information regarding your appointment.



Cari will be on campus the following days from 9 am - 4 pm:
Sept 27th - ONE SLOT LEFT
October 11th and 25th
November 8th and 20th
December 7th and 12th

MONTHLY NUTRITION WORKSHOPS

Fall Cooking Class - Meatless Monday

Date: October 16, 2017

Time: 5:30-6:30

Location: Stone 303 - Cooking Lab

Sign up **HERE**

October Topic: TBA

Date: October 18, 2017

Time: 12-1pm

Location: Bryan 113

Sign up **HERE**

Help Us Help U! Creating a Wellness Initiative that Works for U

Is UNCG meeting your wellness needs and expectations? What activities, resources or information would help you to achieve your wellness related goals? Do you feel supported in your current efforts?

HealthyUNCG wants to hear from you! **HealthyUNCG** will be holding a series of focus groups this fall. Lunch will be provided provided to focus group members.

Never heard of **HealthyUNCG**? Maybe you have heard of **HealthyUNCG** but never participated in a program or event? No problem. Focus groups will be open to both participants and non-participants.

Our next focus group will be

Oct 12, 12-1pm, Phillips Room EUC
(for anyone who has participated in any HealthyUNCG program or event)

October 24, 11 am - 12 pm, Phillips Room EUC
(for anyone who has NOT heard of HealthyUNCG or participated in any HealthyUNCG program or event)

Contact HealthyUNCG to register
Healthy_UNCG@uncg.edu or 336-334-4131

Fitness

FREE Active U Group Fitness:

Employees can choose from a variety of group fitness classes including yoga, aqua, cycle, Zumba, Barre and more! Classes are offered morning through evening Monday through Friday. **NO MEMBERSHIP NEEDED.** Bring your employee ID and sign into the ActiveU Binder located at the front desk. Visit healthy.uncg.edu under fitness and physical activity tab for full schedule and location or see attachment. Click **HERE** for schedule.

Want to become a member? Kaplan Center Membership Information:

Faculty/Staff and Retiree Membership Fees

| Membership Type | Month | Annual |
|---------------------------------|---------|--------|
| Faculty/Staff | \$19 | \$209 |
| Faculty/Staff Additional Member | \$30.75 | \$329 |
| Retiree | | \$209 |
| Retiree Additional Member | | \$329 |

<https://recwell.uncg.edu/member-services/fac-staff-membership/>

FREE Open Pool Hours for Employees:

Employees are now able to utilize the pool for lap swim in the new Kaplan Recreation Center pool Wednesdays 6:30–8:00am and Fridays 12:00–1:30pm. **NO MEMBERSHIP NEEDED.** Bring your employee ID and sign into the Active U Binder located at the front desk.

Fitness Lending Library:

Want to exercise but don't have the time? Can't make it to the Kaplan Recreation Center? Wish you could work out while in the office? **HealthyUNCG's FREE** Fitness Lending Library allows employees and departments to "check out" various fitness equipment to use while in the office. We even deliver and pick it up for free!

Click **HERE** for full list of equipment

Did you know
HealthyUNCG
does a employee
group walk every
Tuesday at 12pm?
Bring a friend and
meet us in front of
the EUC!



UNCG
Staff Senate

UNCG

125

CELEBRATING
125 YEARS OF
OPPORTUNITY
& EXCELLENCE

FALL BREAK WORKSHOP

FIND YOUR WHY:

What to Do When You Don't Know What to Do

Find your "SPARCK". Identify your talents and gift. Create your meaningful work statement. Develop strategies to engage in your meaningful work in different content areas. This workshop will empower you to take control of your life.

Space is limited. Lunch and snacks are provided. Registration Required.

Please register at the UNCG Workshops & Events website:

<http://workshops.uncg.edu>

Staff Senate Personal and Professional Development

Committee Presents:

Bill Johnson, Dream Dean

UNCG School of HHS, Student Success Navigator

Life Design Catalyst Coach

Monday, October 9, 2017

8:30AM—4:30PM

SOEB 118

ACCESSIBILITY NOTICE: For event accommodations, please contact Megan Delph

at mcdelph@uncg.edu or 336.334.3375



UNCG Staff Senate



@UNCGStaffSenate

staffsenate.uncg.edu

Does UNCG qualify as a
"breastfeeding friendly workplace"?

What are our policies and practices to support
faculty, staff, students and guests who want to
breastfeed or pump on campus?

How can we do better?

Join us in conversation to discuss these issues
and help us advance to the next level. Bring a
brown bag lunch. Dessert provided.

Tuesday, October 17th

12:00 – 1:00 pm

Faculty Center

College Avenue

This Lunch-n-Learn is sponsored by the HHS WorkLife Balance Committee
and is open to all UNCG faculty, staff and students.

Registration preferred: Stefanie.milroy@uncg.edu

Caught Being Healthy!

Do you know someone who walks daily? Or maybe you know someone who has recently achieved one of their health goals. Does your department or office engage in special wellness activities or challenges? HealthyUNCG wants to recognize our employees for wellness efforts both on and off campus. We realize that wellness comes in many different forms and varieties. Each month, we will be recognizing employees, offices and departments for their efforts. All employees nominated will be recognized with a certificate from Chancellor Gilliam and mentioned in our newsletter. One lucky nominee will be chosen at random to be our Healthy Employee of the Month and receive a special prize! To nominate yourself, a co-worker or your department, email healthy_uncg@uncg.edu with the following information:

1. Name (include title and office) or Department
2. Healthy Activity & Description of Activity
3. Photo (Optional)



Did you know?



HealthyUNCG is now on
Instagram! Follow us
[healthy_uncg](https://www.instagram.com/healthy_uncg)



healthy.uncg.edu

healthy_uncg@uncg.edu

336.334.4131