

# Wellness @ Work Jan 2017

January 9–February 17

## 30-DAY WINTER WALKING CHALLENGE



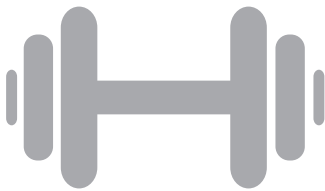
Challenge yourself and your coworkers to walk for 30 minutes for 30 days (weekdays). Walk in increments of at least 5 minutes and accumulate 30 minutes during the day or commit to a 30-minute walk at whatever time works in your schedule. Register anytime between December 19 and January 9. Walk for 6 weeks. Win prizes. For walking challenge rules and to register, go to [go.umd.edu/winterwalk](http://go.umd.edu/winterwalk).

January 9–13

## Eppley Recreation Center (ERC) Member Services

### RECWELL FREE MEMBERSHIP WEEK

Try out Ritchie Coliseum and Eppley Recreation Center facilities for free this week. Includes access to group fitness classes. Bring your UID card to the ERC Member Services Desk to register.



January 10, Noon–1 PM

## University Health Center, Sahet Room 1150

### MINDFUL MEALS & MOVEMENT

Presented by Hannah Dentry, Senior Dietetics Intern & Certified Yoga Instructor, this interactive workshop will teach you how to incorporate mindfulness into your everyday movement and meals. Learn mindful movement techniques you can practice throughout your day to release tension and re-energize. Discover the power of mindful eating to manage your weight for a lifetime! Bring your lunch.



January 12, 11 AM–Noon /  
1–2 PM (2 sessions)

## Chesapeake, Room 1101U

### COLLEGE SAVINGS PLANS OF MARYLAND INFORMATIONAL SEMINARS

Learn how to use the Maryland Prepaid College Trust and the Maryland College Investment Plan to save for your child's education while enjoying federal and state tax benefits.



January 13, Noon–1 PM

## Chesapeake Building, Room 1101U

### HEALTH ACTION PLANS—SMALL STEPS TO SUCCESS

Small steps lead to big changes! Explore the possibilities for change, understand why small steps are important, and create an action plan to get started. Register at [training.umd.edu](http://training.umd.edu). BYOL (Bring Your Own Lunch)



January 24, 10 AM–1 PM

## Stamp, Colony Ballroom

### FACULTY/STAFF WELLNESS FAIR

Learn about ways you can be well while working at UMD. Get help with the State's wellness program activities for 2017, check your blood pressure, get a massage, and more.

Every Wednesday, Noon–1 PM

## University Health Center Ground Floor

### WEIGHT WATCHERS® AT WORK

Get support for changing your eating habits. Weight Watchers® at Work meetings are held every Wednesday at noon in the Health Center. Contact Jeannette Oliver ([jlo@umd.edu](mailto:jlo@umd.edu)).

## Health Center Resources

Take advantage of a slow time at the **University Health Center** and these services for faculty and staff. Fees apply for some. Get more information by calling 301.314.8103 or visiting [health.umd.edu](http://health.umd.edu).

### COMPLEMENTARY & ALTERNATIVE MEDICINE.

Take care of yourself this year. January is the perfect time to take advantage of the University Health Center's Massage Therapy, Meditation, and Acupuncture services. Modest fees apply. Call 301-314-8184 to schedule.

### FACULTY STAFF ASSISTANCE PROGRAM

Counselors are available to meet with individual employees to help with stress, financial and family issues, depression, substance abuse and conflicts in the workplace and also provide presentations to groups on a variety of health and workplace topics. Call 301.314.8170 or visit [health.umd.edu](http://health.umd.edu).

### FLU SHOTS, TRAVEL CLINICS, AND OTHER VACCINES

It's not too late to get your flu vaccine! Most State of Maryland health plans accepted. The International Travel Clinic provides immunizations and medications required for international travel. Other vaccines, such as pneumococcal, Zoster (shingles), Hepatitis B, etc. are available. Every weekday, 8:30 AM–4:30 PM. Call 301-314-8184 for appointment.



### PHARMACY

Offering prescription services and reasonably priced over-the-counter medications and products. M–F, 9:30 AM–5:00 PM

Wellness @ Work month is sponsored by University Recreation & Wellness, the University Health Center, and University Human Resources.

For more information, contact Barbara Aiken, [baiken@umd.edu](mailto:baiken@umd.edu) or 301.226.4411.

[recwell.umd.edu](http://recwell.umd.edu)