



# CMU Employee Wellness Program

## Spring 2009 Wellness Program Calendar



### JANUARY 2009 - Cervical Health Awareness Month

Date/Time/Place	Event/Program	Program Information
<b>January 14 &amp; 15</b> 6-10am Foust 256	<b>Wellness Screening</b> University Health Services	Annual screening provided by Wellness, Inc.
<b>Tuesdays &amp; Thursdays</b> <b>Jan 20 - Apr 16</b> 5:30–6:30 pm Finch 113	<b>Faculty/Staff Nia Classes</b> Instructor—Sarah Webster, certified Nia Instructor	Nia is a joyful and exhilarating fitness practice that combines martial arts, yoga, dance and spiritual self-healing. This program is open to all ability levels. Punch cards available for purchase for \$30 (12 classes) , \$40 (18 classes) or \$48 (24 classes) and must be purchased prior to attending classes. Cards can be purchased at CHIP or Rowe 108. <b><u>Class Policies &amp; Procedures</u></b>
<b>Wednesdays</b> <b>Jan 21 - Apr 15</b> 5:15– 6:45 p.m. Terrace A & B/UC	<b>Faculty/Staff Yoga Classes</b> Instructor—Andrew Criswell	This program is open to all ability levels. Punch cards are available for purchase for \$30 (12 classes), \$40 (18 classes) or \$48 (24 classes) and must be purchased prior to attending classes. Participants should bring a mat or towel. Cards can be purchased at the CHIP facility or Benefits & Wellness, Rowe 108. <b><u>Class Policies &amp; Procedures</u></b>

### FEBRUARY 2009 - Heart Health Month

**Friday, February 6 , 2009**      **National Wear Red Day**



National Wear Red Day is a day when Americans nationwide wear red to show their support for women's heart disease awareness. If you do not own anything red or would like to wear red everyday, you can purchase a Red Dress Pin by going to [http://www.nhlbi.nih.gov/health/public/heart/other/ht\\_pin.htm](http://www.nhlbi.nih.gov/health/public/heart/other/ht_pin.htm). For more information on women's heart disease go to <http://www.nhlbi.nih.gov/health/hearttruth/index.htm>

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<p><b>Tuesday, February 10, 2009</b> 12 noon Rowe 229</p>	<p><b>Does Winter Make you SAD?</b> Speaker—Kathleen Regan, MD Psychiatrist, MidMichigan Health</p>	<p>Got the winter blues? Seasonal Affective Disorder or SAD is a form of depression that has been linked to the lack of bright light during the winter months. Symptoms tend to start around September of each year and last until April. Nearly 6 out of 100 people in the U.S. experience winter depression or SAD and it is 75% more common in women.</p> <p>Dr. Regan will discuss the signs and symptoms of SAD and treatment options.</p>
<p><b>Wednesday, February 11, 2009</b> 11a - 1p SAC Indoor Track</p>	<p><b>11th Annual Poker Walk</b> Team Registration Deadline is February 4, 2009!</p>	<p>Employee teams (4 people) will draw a starting card and draw additional cards for every quarter mile (2 laps) walked for a total of 5 cards. Teams can discard and walk an additional 1/4 mile to better their hand. Best poker hands win. Fruit and bottled water will be provided for all teams registered by Wednesday, February 4, 2009. Please call 3198 to register your team!</p>
<p><b>February 17–19, 2009</b> 5:30–9p TBA</p>	<p><b>First Aid/CPR/AED Training</b> Straum Yorton - instructor</p>	<p><b>Cost - \$25</b> (includes book and certification card) This is an American Red Cross class. Learn to recognize emergencies and make appropriate decisions for providing care. Participants must be able to attend all three sessions to become certified. Please call Straum Yorton at 774-7833 to register for this class.</p>
<p><b>MARCH 2009 - National Nutrition Month</b></p>		
<p><b>Wednesday, March 11, 2009</b> 12 noon Rowe 229</p>	<p><b>Homeopathic Series</b> <i>Bach Flowers</i> Speaker—Kim Crandell</p>	<p>Bach Flower Essences- Learn how these remarkable remedies expand our understanding of health care, recognizing a relationship between body and soul, and the interweaving of spiritual, mental, emotional and physical aspects of wellness.</p>
<p><b>APRIL 2009 — National Humor Month</b></p>		

## MAY 2009— National Physical Fitness & Sports Month

**Wednesday, May 20, 2009**  
11 am–2pm  
Warriner Mall

**Wellness Picnic  
&  
1 and 2 Mile Walks**

Come join the fun at the Wellness Picnic! The day will be filled with great food and healthy events and information. Feel free to join us for a one or two mile walk around campus. There is something for everyone!

**Participation in any of these programs can be counted toward completion of the Wellness Component of the “Ca\$h in on Wellness” program for 2008/2009!**

**Tracking form is available at**

**<http://www.hrs.emich.edu/wellness/download/wellness-component-verification-form.pdf>**