

# This way to a healthy you.

This fall and winter, Wellesley College continues to offer a series of educational tools and health programs designed to help you find your path to greater health and well-being. These programs will be held throughout the academic year and are offered in partnership with Harvard Pilgrim Health Care and The Boston Consortium for Higher Education's Healthy You program. Stay tuned for more details on these events for faculty and staff, and visit [www.harvardpilgrim.org/wellesleycollege](http://www.harvardpilgrim.org/wellesleycollege) or <http://web.wellesley.edu/web/Dept/HR/healthyu.psml> for more helpful tools and information to help you find your way to better health.

## NOVEMBER

**Benefits Fair** - no RSVP required



**November 9th**  
Alumnae Hall  
8:30 a.m. – 12:00 p.m.

Come to the Benefits Fair, featuring **Biometric Screening and Health Coaching**. Your cholesterol, blood pressure, blood sugar and body mass index measures are key indicators of your risk for major illness, and if you keep a close eye on them with your doctor, you can take steps to keep them in a healthy range and lower your risk for disease. Harvard Pilgrim clinical staff will provide a free screening of these key numbers for employees.

You'll also be able to meet a certified Harvard Pilgrim Health Coach who helps Harvard Pilgrim members set and achieve health goals related to blood pressure control, weight management, exercise, cholesterol management, nutrition and smoking cessation, as well as stress reduction and life balance.

The Benefits Fair will also host a **Flu Vaccine Clinic**. It is recommended that people who are at high risk get the flu vaccine every year. In addition to receiving a flu vaccine this fall to help protect your health, you should practice good health habits like covering your cough and washing your hands often. Such actions can help prevent respiratory illnesses like the flu.

## DECEMBER

**Healthy Holiday Cooking**



**December 7th**  
Library Lecture Room  
12:30 p.m. – 1:30 p.m.

Learn how to make appealing, tasty and healthy holiday meals.

## JANUARY

**Mindfulness...At Work For You** - six-part series



**1/19, 1/26, 2/2, 2/9, 2/16, 2/23**  
The Multifaith Center Gathering Space,  
Houghton Memorial Chapel  
12:30 p.m. – 1:30 p.m.

This six-part series provides more details on the principles and practice of mindfulness, which is gaining popularity as a wellness practice, both inside the workplace and out. This series will help participants reduce stress, and be more productive and creative at work. Contents include topics such as mindfulness and stress, mindful communication, gentle stretching, walking meditation, and combining and integrating the practices in daily life.

Check out  
Harvard Pilgrim's  
Mind the Moment  
mindfulness  
Facebook page



mind  
the  
moment

[www.facebook.com/mindthemoment](http://www.facebook.com/mindthemoment)

*continued* ►

Register for Healthy You Sessions at  
<https://socrates.wellesley.edu/stafftraining/registration.cfm> or call extension 3289.

## MARCH

### Breaking the Stress Cycle



March 15th  
Library Lecture Room  
12:30 p.m. – 1:30 p.m.

Learning how to manage stress effectively is essential for maintaining health and well-being. High levels of stress contribute to health problems such as ulcers, high blood pressure, headaches and depression, so learning to manage and minimize it is important. The impact of stress can also lead to reduced productivity, absenteeism and sometimes the need for costly medications. Learning to break the stress cycle is an invaluable skill. In this seminar, participants will learn positive and appropriate coping skills to handle the stresses of everyday life.

## APRIL

### Healthy You Fair - no RSVP required



April 17th  
Alumnae Hall  
3:00 p.m. – 6:00 p.m.

Featuring **Biometric Screening, Online Health Questionnaire and Health Coaching**. Your cholesterol, blood pressure, blood sugar and body mass index measures are key indicators of your risk for major illness. Harvard Pilgrim clinical staff will provide a free screening of these key numbers for employees.

**Earn your \$100 Visa gift card and complete the health questionnaire (HQ).** You can use your numbers to then take Harvard Pilgrim's HQ. Completing the HQ is voluntary. Responding to the confidential HQ can provide you with valuable information about your health and lifestyle. You'll also be able to meet a certified Harvard Pilgrim Health Coach who helps Harvard Pilgrim members set and achieve health goals related to blood pressure control, weight management, exercise, cholesterol management, nutrition and smoking cessation, as well as stress reduction and life balance.

Also stop by the **Nutrition and Portion Control Information Table** to learn practical strategies for improving your nutrition and managing portion sizes. The information table provides participants with a chance to speak with a dietitian to see what an actual portion size is, to learn simple tips for making health-related changes and to receive personalized recommendations. Educational handouts are available for participants to take and reference at home.

## 2 TIPS TO HELP TAKE THAT FIRST STEP

- > Put these activities in your calendar now. Schedule them like you would a professional meeting.
- > Find a buddy. Talk to a colleague about the activities and commit to attend together.

These programs are confidential and will be conducted by Harvard Pilgrim. Wellesley College does not have access to your personal health information.

Visit [www.harvardpilgrim.org/wellesleycollege](http://www.harvardpilgrim.org/wellesleycollege) for links to help you improve your health and well-being.

Watch these brief online videos:

- Back Care Basics
- Diabetes Portion Control
- Everyday Stress Management
- Strategies for Quitting Smoking

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