

The road to a healthy you starts with **one step.**

As the New Year gets underway we want to share with you some events that will be held on campus to help you find your path to greater health and well-being.

These programs are offered in partnership with Harvard Pilgrim Health Care and The Boston Consortium for Higher Education's Healthy You program. **Attend at least three of the programs below and you'll be entered into a raffle to win an iPad with health applications!** Stay tuned for more details on these events for faculty and staff, and visit www.harvardpilgrim.org/wellesleycollege for more helpful tools and information to help you find your way to better health.

FEBRUARY

Nutrition and Portion Control Information Table - drop in



February 18th
Library Lecture Room
12:00 p.m. – 2:00 p.m.

Learn practical strategies for improving your nutrition and managing portion sizes. Stop by and meet a dietician to see what an actual portion size is and receive personalized tips to improve eating habits and nutrition. Educational handouts are available for participants.

Sleep for Health - presentation



February 23rd
Library Lecture Room
12:30 p.m. – 1:30 p.m.

Sleep is an essential component for maintaining good health. Lack of sleep contributes to higher levels of stress, irritability, lack of concentration and even weight gain. This seminar reviews the different phases of sleep and describes common sleep problems and outlines what you can do to help prevent sleep disturbance and sleep better.

Know your Numbers - drop in



February 28th
Cow Room at Tishman Commons
8:30 a.m. – 11:30 a.m.

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.

If you belong to a Harvard Pilgrim plan through Wellesley College, you can complete your Health Questionnaire at the event and a \$100 gift card will be mailed to you.

MARCH

Healthy Back Care Information Table - drop in



March 9th
Library Lecture Room
12:00 p.m. – 2:00 p.m.

Eighty percent of all people experience back pain at some point in their lifetime. This information table provides participants with the knowledge they need to achieve maximum back health. Stop by and talk with a health professional to learn simple tips for making health-related changes and to receive personalized recommendations.

Nutrition and Portion Control Information Table - drop in



March 23rd
Library Lecture Room
12:00 p.m. – 2:00 p.m.

Learn practical strategies for improving your nutrition and managing portion sizes. Stop by and meet a dietician to see what an actual portion size is and receive personalized tips to improve eating habits and nutrition. Educational handouts are available for participants.

Free online videos to improve your health!

Visit www.harvardpilgrim.org/wellesleycollege for links to these brief online videos:

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

continued ►

APRIL

Flex Stretch and Strengthen – presentation



April 25th
Cow Room at Tishman Commons
12:30 p.m. – 1:30 p.m.

Come and work muscle groups in patterns that will condition you for the things you do in real life! No more straining your back while you garden or take out the trash. This type of activity helps stabilize your joints, improve strength and increase blood flow. Be sure to come in loose, comfortable clothing and appropriate footwear.

Know your Numbers - drop in



April 28th
Cow Room at Tishman Commons
3:00 p.m. – 6:30 p.m.

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.

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This event is being held in the late afternoon/early evening to encourage spouses to attend.

MAY

Mindfulness Meditation - presentation



May 19th
Library Lecture Room
12:30 p.m. – 1:30 p.m.

Mindfulness is a concentrated state of awareness that helps us see and respond to situations with clarity. Three decades of scientific research suggest that mindfulness can positively affect people's medical symptoms and psychological distress. Participants will learn about and practice mindfulness meditation.

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.

MORE WELLNESS PROGRAMS FOR EMPLOYEES

We are committed to making a difference in the quality of employee's lives by offering a diverse program of wellness courses on site. Take advantage of this important health enhancing benefit and enroll in a class below that is compatible with your interests and lifestyle. Visit <http://web.wellesley.edu/web/Administration/Committees/wellness.psml> for more information.

Aqua aerobics	Integrated fitness
Pilates	Functional strength training
Vinyasa Flow Yoga	Iyengar yoga
Zumba fitness	Strength/Zumba fusion
Walktober	Crew race on Lake Waban