

YOUR EMPLOYEE WELLNESS PROGRAM



News & Opportunities—Week of April 25, 2016

To learn more about **Bwell**, including the program offerings of health coaching, healthy living and more, simply click [here](#). If you have questions or would like to schedule a department in-service, please email bwell@beaumont.org.

SPECIAL EVENTS

In recognition of Global Employee Health & Fitness Month this May, **Bwell** is hosting and supporting a number of exciting things you'll want to add to your calendar. Stay tuned for details!



- Launch of the 'Bwell with Fitbit' program on May 2.
- Onsite walks during National Hospital Week, May 9-13.
- AHA Metro Detroit Heart Walk—Join the **Bwell** team on May 14.
- Mental Health Awareness Day, May 18, at Beaumont Hospital, Royal Oak.

PROGRAM OFFERINGS

Eat Right For Life™: Learn healthy eating 'steps to success'. No fee. No registration required unless indicated on flier.

- **696 Building:** The Basics steps 4-5 will be presented on Wednesday, April 27, Noon-12:30pm.
- **Beaumont Hospital, Troy:** All 5 steps from the Basics will be presented on Thursday, April 28, from Noon-1pm.
- **Beaumont Hospital, Farmington Hills:** Learn about healthy eating 'On The Go' on Thursday, May 19, from 11:30am-Noon.
- **Beaumont Hospital, Royal Oak:** The Basics will be presented on Fridays, May 27 (steps 1 & 2), and June 3 (steps 3-5), from Noon-12:30pm.

Mindfulness: Check out the new [summer flier](#) to view upcoming events. [Registration](#) is open for all programs and events!

- **Continuing Mindfulness Practice (CMP):** *New day!* Wednesdays beginning May 4 from 4-4:45pm. Offered in person or via conference call! Dial 248-597-5005. Pin 845869#. Join as you're able. *Note: there is no session this week.*
- **Mother's Day Mindfulness Retreat:** Grab a partner and join us for a relaxing afternoon on Sunday, May 8 from 1-4pm. Space is limited. Registration required.



Onsite Yoga and Zumba Classes: It's not too late to sign up! Classes occur at several locations throughout Beaumont Health. [Contact Bwell](#) with any questions.

Relax & Restore: Mid-day program focusing on breathing, gentle stretches and guided meditation. *Walk away refreshed, restored and relaxed!*



WELLBEING TIPS

Mindfulness: Recently Lucy Sternburgh, Ph.D., taped a 16 minute segment titled, "Mindful Living: Finding Peace in a Stressful World." She addresses answers to many common questions—what is mindfulness? Why should you practice it? How can it benefit me?



If you feel like life is rushing by you or that you're often drained of energy, take a few moments to watch Dr. Sternburgh

talk about how you can slow down, find peace, and enjoy life! To view, click on the video graphic above.

Healthy Eating: From 2009 to 2015 there has been a 7% decrease in vegetable intake nation-wide. This is alarming when we think that so many of us already fall short of meeting the recommended daily intake of 5-9 servings of fruits of vegetables daily.

You can incorporate more vegetables into your busy lifestyle by: tossing greens, carrots or zucchini in your pasta sauce at dinner; adding baby spinach in your sandwich at lunch; or sautéing onions and mushrooms for your morning omelet.

Looking for more? [The Balance It Takes You](#) website has some more quick tips to boost your veggie intake today with [7 Ways to Eat More Vegetables](#).