

EMPLOYEE HEALTH & WELLNESS WEEK



WEBER STATE
UNIVERSITY

Employee Wellness

April 30 – May 4

Week At A Glance

Monday, April 30

- Mary Nickels- Keynote Presentation

Tuesday, May 1

- PEHP STAR Plan: Understanding a High Deductible Health Plan & HSA
- Be Proactive with your Health
- Balancing Personal and Professional Life

Wednesday, May 2

- Healthy Snacking
- Introduction to Emotional Intelligence
- CCEL: WSU Make a Difference In Ogden Day activity
- Mobile Mammogram

Thursday, May 3

- Introduction to Outward Mindset
- Mindfulness-Based Stress Reduction
- Assertiveness Training

Friday, May 4

- Employee 5K Trail Fun Run/Walk

Join us for a week of Wellness Events!

National Employee Health and Fitness Day is observed on the third Wednesday of May. Employee Wellness asked, "Why not a whole week?"

Employee Wellness is excited to offer this event for the second year in a row. This year, the focus of Employee Health and Wellness Week will revolve around preventative health screenings and self care. Mary Nickels from KUTV2 News will start the week by presenting on her personal story with breast cancer. We will end the week with an Employee 5K Trail Fun Run/Walk. Attendance of classes and participation in the 5K will count towards the Wellness Pays Rewards Program.

Class Descriptions



Keynote Presentation - #830-01

Mary Nickels is a co-anchor for KUTV 2 News, the spokesperson for KUTV'S Check Your Health, hosts the Workouts on the Web, writes two health blogs, and does in-depth reporting for the station (she won an Emmy for Best News Series in 2012). That series started with Mary getting a mammogram to encourage more women to get screened, and it found an invasive, malignant tumor.

PEHP STAR Plan: Understanding a High Deductible Health Plan & HSA - #830-13

Unsure about a high deductible health plan? This presentation will introduce you to what it is, how it works, and what you need to know about Health Savings Accounts (HSAs).

Be Proactive with Your Health - #830-14

Take charge of your health by learning how to identify and reduce your own health risk factors, get acquainted with the “what” and “when” of recommend health screenings, and start on the path to a healthier lifestyle. Presented by Cindy Johnston, RN, MSN, CDE of Davis Hospital.

Balancing Personal and Professional Life - #830-15

Understand the obstacles of being in a helping role, address external and self-imposed pressures, distinguish between healthy and unhealthy giving, and combat burnout and compassion fatigue. Presented by Christy Atkinson, MSW, LCSW of Davis Hospital.

Healthy Snacking - #830-16

Snacks that are power-packed provide you with sustained energy for your busy life. Specific emphasis will be given to eating healthfully at work and on-the-go. Presented by Rosalyn Ward, Dietitian of Davis Hospital.

Introduction to Emotional Intelligence - #830-17

In this overview, participants will gain a basic understanding of Emotional Intelligence (EI) and an awareness of the five EI competencies that will help them be more successful at work. Learn more in-depth concepts by completing additional training through OWL.

CCEL Make A Difference Day

All are invited to spruce up the campus surroundings by participating in the 6th annual WSU Makes a Difference in Ogden Day! You will have the opportunity to assist with the Discovery Trail or WSU Community Garden clean-up. Please visit www.weber.edu/ccel to register. The 1-4 pm volunteer shift will take the place of an afternoon presentation.

Introduction to Outward Mindset - #830-18

In this overview we'll introduce you to how we move from the default self-focus we call an inward mindset to the results-focus of an outward mindset. Come get a feel for how your relationships can be transformed by completing Arbingers 2-day course through OWL.

Mindfulness-Based Stress Reduction - #830-19

Learn how you can achieve balance through mindfulness. Please come in comfortable clothes and leave with tools you can use each day! Presented by Shari Leder.

Assertiveness Training - #830-20

Tired of your needs being pushed aside for the needs of others? Understand what it means to be assertive, the responsibilities that come along with interacting in an assertive way, and see how that differs from being aggressive. Presented by Ammon Fawson, LMFT of Blomquist Hale.

Employee 5K Trail Fun Run/Walk - #830-21

Explore the trails above campus during this fun run/walk. This event will not be timed as we want you to enjoy the beautiful views and trails we have above campus. There will be two heats for the event; one for runners and one for walkers. The 5K will start at the Discovery Trailhead, located on Skyline Drive above the Stadium.

