

# EMPLOYEE HEALTH & WELLNESS WEEK



WEBER STATE  
UNIVERSITY

Employee Wellness

May 2– May 6

## Week At A Glance

### Monday, May 2

- Benefits Open Enrollment Meeting
- Benefits Open House
- Pickleball Tutorial

### Tuesday, May 3

- Snapshots to Videos
- Cooking Demonstration
- Spring Cleaning
- Pickleball Tournament Group A

### Wednesday, May 4

- Mindful Meditation
- Snapshots to Videos
- Cooking Demonstration
- Stress Relief Center
- Pickleball Tournament Group B

### Thursday, May 5

- PEHP Healthy Utah Testing
- Mindful Meditation
- Snapshots to Videos
- Cooking Demonstration
- Spring Cleaning
- Pickleball Tournament Final

### Friday, May 6

- Positive Self Talk
- Stress Relief Center
- Employee 5K Fun Run/Walk

## Join us for a week of Wellness Events!

Employee Wellness is excited to offer this event for the fifth year in a row.

We open this year's event with a Benefits Open House. Come learn more about your medical, dental, vision, and life insurance benefits before the end of Open Enrollment.

This year, classes will be duplicated throughout the week as a way to ensure that most employees can participate on a day that works best for them.

We will end the week with an Employee 5K Fun Run/Walk around campus.

Attendance of classes and participation in the 5K will count towards the Wellness Pays Rewards Program.

# Class Descriptions

## **Benefits Open House (Monday)**

Have questions about your benefits? Come visit with our vendors before you make any changes for the 2022-2023 year. The Benefits Open House will take place in the Student Union Atrium. Then, visit the Student Union Computer Lab and request assistance with using the Employee Enrollment application on the eWeber portal.

## **Pickleball- #830-28 (Monday-Thursday)**

Attend a pickleball tutorial on Monday to learn how to play or to brush up on your skills. Then, register to participate the pickleball tournament. Sixteen employees will play on Tuesday. Another sixteen employees will play on Wednesday. The top sixteen employees over the course of two days will then play in a final tournament on Thursday. All skill levels welcome!

## **Snapshots to Videos: Editing with Adobe Rush #830-29 (Tuesday-Thursday)**

Memories fade, but videos last a lifetime! Attend this 3 part course and learn how to edit your memories into videos with a hands-on course using Adobe Rush. You'll leave with your very own creation and knowledge to do it again! It is recommended that you attend all three sessions.

## **Cooking Demonstration: Knife Skills- #830-27 (Tuesday, Wednesday, Thursday)**

Experience the fun of creating simple, healthy salads while learning everyday knife skills. Work in a team of three to create a healthy, chopped salad using the various knife techniques learned. The same class will be presented on all three days.

## **Make a Fresh Start: Spring Cleaning and Wellness #830-30 (Tuesday, Thursday)**

Spring is the time to clean and organize your space, but how do you tackle it in a healthy way? Learn how to lighten your mood and become more focused by sprucing up your space. We'll discuss how setting small, simple goals and using sustainable/safe cleaning methods can help you achieve this. The same class will be presented on both days. Presented by Jamie Stein MS, RD, ATC

## **Mindful Meditation- #830-31 (Wednesday, Thursday)**

Take a much-needed break to relax and recharge through the use of mindfulness-based meditation. It could be as simple as grabbing a pillow and blanket, getting into a comfortable position, and joining us in focusing on breathing without judgement of the unfolding experience. Provided by Hannah Muetzelfeld, Ph.D.

## **Stress Relief Center (Wednesday, Friday)**

The Stress Relief Center will be open specially for employees! Register for a 15 minute chair massage. Schedule your time slot here: <https://www.wellsteps.com/ws-company-calendar>

## **Healthy Utah Testing Session (Thursday)**

Register for a Healthy Utah Testing Session. During your appointment, you will receive cholesterol and glucose testing, body composition analysis, blood pressure measurement, and a consultation with a health specialist, all free of charge for qualified employees and eligible spouses. Learn more here:

[https://www.weber.edu/employeewellness/healthy\\_ut\\_testing.html](https://www.weber.edu/employeewellness/healthy_ut_testing.html)

## **Positive Self Talk #830-32**

If you want to achieve happiness, better health, stronger relationships and continued success, you may not have to look any further than the mirror. YOU are in control of your life. This fun presentation teaches how to be positive, recognize simple pleasures, and find joy in life. Presented by Blomquist Hale.

## **Employee 5K Fun Run/Walk- #830-09**

Enjoy the sunshine and the company of your coworkers as you run or walk 3.1 miles around campus. The fun run/walk will start in the A7 parking lot just outside of the Swenson Building. The course will then continue to Edgell Drive, back to campus near Stewart Stadium, down to the duck pond, up to the new Outdoor Recreation building, and ending back in the A7 parking lot. All participants should arrive and check in no later than 1:50 pm. Runners will start at 2:00 pm. Walkers will start at 2:15 pm.

