



Engaging in Employee Wellness is *EASY* at UMBC!

*Curious about ways to engage with the UMBC Wellness Initiative?
We've got you covered...see below for opportunities!*

VISIT OUR WEBSITE

Visit our website at wellness.umbc.edu for a variety of wellness information, events and resources specifically geared to faculty and staff on campus. In addition to our featured events and fitness schedule on our homepage, we also invite you to check out the 'Campus Wellness Programs, Services, and Information' and our 5 Wellness Initiative (WIN) Dimensions of Wellness.

FOLLOW OUR WELLNESS MYUMBC GROUP

Follow the Wellness Initiative myUMBC group for up-to-date wellness events and content delivered to your inbox: <http://my.umbc.edu/groups/wellness>.

PARTICIPATE IN CAMPUS WELLNESS EVENTS

We invite you to participate in our wellness programming and to bring a friend! In addition to the many events offered throughout the year, we offer several flagship programs that we invite you to take advantage of:

❖ **Wellness Wednesdays**

Offered the first Wednesday of each month (September-June), these free hour (12 noon – 1:00 p.m.) wellness sessions offer information and experience with a variety of wellness topics.

❖ **WIN Rewards Program**

Rewards program that encourages participation in healthy behaviors in each of our campus identified 5 wellness dimensions (Emotional, Environmental, Financial, Nutritional, and Physical). Participation in 5 activities per semester rewards participants with a free T-shirt. Two consecutive semesters with participation in 10 qualifying activities grants participants entry into an annual grand prize drawing for a wellness bundle (\$400 value).

❖ **Farmers' Market Transit Service**

Access local healthy produce, support the environment and local farmers, and enjoy the company of colleagues by participating in our weekly Farmers' Market Transit Service offered Wednesdays during free hour (12 noon – 1:00 p.m.). Transit picks up participants from Commons Circle and transports them to and from the Catonsville Farmer's Market in under an hour.

BRING WELLNESS INTO YOUR DEPARTMENT

Move beyond individual participation and into sharing wellness within your department! Members of the Wellness Initiative Collaboration Team are available to offer the following 15-20 minute presentations at your next staff meeting or retreat:

- ❖ Financial Health 101
- ❖ Deskercize
- ❖ Seated Yoga
- ❖ Mindfulness Meditation for Improved Focus and Well-Being
- ❖ Overview of the RAC
- ❖ What to Do During an Emergency
- ❖ Improving Nutrition One Plate at a Time
- ❖ Ergonomics Basics
- ❖ Meeting Well – Ways to Incorporate Better Nutrition at Campus Events
- ❖ Self-Defense Essentials
- ❖ Stress Management
- ❖ UHS Services for Faculty and Staff
- ❖ UMBC Parenting Resources

Interested in scheduling a wellness presentation? Email wellness@umbc.edu for more information.

BECOME A WELLNESS AMBASSADOR

Ready to take it to the next level and join the Wellness Initiative Collaboration Team in expanding our culture of wellness at UMBC? If so, we'd love you to join us as a department Wellness Ambassador. Ambassadors serve a 1-year term and assist with increasing individual and departmental awareness, participation, and engagement in the many campus wellness resources, events, and programming opportunities. Check out our ambassadors section of the Wellness Initiative website for more information and for an interest form: <http://wellness.umbc.edu/ambassadors/>