

Hokie Wellness Happenings



Hokie Wellness Health and Benefits Fair

January 11, 2017 ▶ McComas Hall ▶ 7:30 a.m.–3 p.m.

Cooking Classes

Participants will try new techniques and ingredients as they receive hands on cooking experience to use at home. Food samples and recipe booklets will be provided.

A \$10 fee per class must be paid in advance. Registration and payment are required in person at North End Center (suite 2300) Tuesdays, Wednesdays, or Thursdays from 8 a.m.–4 p.m. Classes fill up quickly and space is limited to 12 participants. Email hokiewellness@vt.edu to check availability.

- ▶ **Soups and Stews**
Feb. 8, 12-1:30 p.m.
- ▶ **Healthy Cooking Around the World**
Mar. 8, 12-1:30 p.m.

Flexible Work Options

Flexible work options (FWO) are alternatives to the traditional “8-to-5” workday, the standard workweek, or the traditional workplace. FWO can help employees find harmony between work and personal responsibilities, while meeting business needs and objectives. Supervisors can also use FWO to promote productivity, improve job satisfaction, and develop management and leadership skills. Flexibility can enhance recruitment, engagement and retention of valuable employees. Visit www.hokiewellness.vt.edu for more information.

Gardening 101

To be held **May 10 from 12-1:30 p.m.** at the Sustainable Food Corps Community Garden at Smithfield Plantation. More information will be shared with employees via VT News when it becomes available.

Hokies Live Well

Hokie Wellness wants to help employees eat, move, relax, and be well. **Starting Jan. 17**, participants can use a tracking log to keep track of their Hokies Live Well activities. Completed tracking logs can be turned in to Hokie Wellness in April to receive a free Hokies Live Well tumbler. Visit www.hokiewellness.vt.edu to sign up.

Koru Mindfulness

Interested in improving sleep, decreasing stress, and increasing self-compassion? Employees and students are invited to discover the importance of mindfulness at the Koru Mindfulness series. Koru Mindfulness is a curriculum designed to teach mindfulness, meditation, and stress management. Visit www.hokiewellness.vt.edu for information about the next Koru Mindfulness Series.

Mindful Mondays

Mindful Mondays will be held from **12-1 p.m. every Monday** during the spring semester in the Newman Library (multipurpose room). The hour will consist of 15-minutes of guided mindfulness practice and discussion, followed by 45-minutes of mindful activity of the participant's choice. This time can be used for quiet self-reflection, contemplation, prayer, meditation, or mindful movement. Registration is not required. Participants are invited to drop in quietly at any time as their schedule allows.

National Walking Day

Join Hokie Wellness in celebrating National Walking Day on **Apr. 5**. Meet outside Burruss Hall at 12:15 p.m. for a 30-minute walk around campus.

Walking Loop Meetup

Get out and about with Hokie Wellness **every Tuesday at 12:15 p.m.** for a 30-minute walk around campus. Check the calendar at hokiewellness.vt.edu for the weekly location.

Weight Watchers at Work

Hokies looking for a healthy and supportive way to lose weight are invited to attend the Weight Watchers at Work meetings held **every Wednesday** in North End Center (room 3600). Weigh-in is at noon and the meeting begins at 12:15 p.m. Registration and payment are required. Employees and students who are interested in joining Weight Watchers can attend one free meeting at any time. Stop in to the Open House on Jan. 18 from 11:30 a.m.–12 p.m.

Join the Hokie Wellness Listserv to receive updates about programs and events. Email hokiewellness@vt.edu to sign up.

www.hokiewellness.vt.edu

Workshops, Demonstrations, and Interactive Activities

Time	Event	Location
7:30 a.m.-3 p.m. All Day Events	Hokie Wellness Health and Benefit Fair opens	McComas
	Flu vaccinations	Table 6
	Reiki demonstrations	Table 8
	Massages	Table 9/10
	Acupuncture demonstrations	Tables 16/22
	InBody screening provided by Carilion Wellness	Table 23
	Diabetes risk assessment	Table 49
	Blood pressure screening	Tables 51/60
	Vision screening and frame adjustments	Tables 62/63
	7:30 a.m.-1 p.m.	Hot beverage service provided by TIAA
8-10 a.m.	Cooking demonstration-Virginia Egg Council	Single Gym
8 a.m.-12 p.m.	Self-Guided Mindfulness (10-minute guided meditations at the top of the hour)	Classroom 198
8 a.m.-3 p.m.	Vision screening	Single Gym
	Open activity areas: indoor track, cardio, and weight rooms	McComas
9:30 a.m.-2 p.m.	American Red Cross Mobile Blood Drive	Parking Lot
10-10:15 a.m.	Infant conscious/unconscious choking training-Gabby Marquez, assistant director of aquatics	Fitness Studio A
10:30-10:45 p.m.	Hands only CPR/AED training-Gabby Marquez, assistant director of aquatics	Fitness Studio A
10:30-11 a.m.	Cooking demonstration: Overnight Oats-Shelly Rasnick, wellness coordinator	Single Gym
11-11:15 a.m.	Hands only CPR/AED training-Gabby Marquez, assistant director of aquatics	Fitness Studio A
	Cooking demonstration: Healthy lunch options-Hethwood Market	Single Gym
11-11:30 a.m.	Tai Chi-Matthew Komelski, instructor, Human Development	Fitness Studio B
	Food trucks: the Grillfield and the Periodic Table	Parking Lot
11 a.m.-2 p.m.	Food trucks: the Grillfield and the Periodic Table	Parking Lot
12-12:30 p.m.	Yoga	Fitness Studio B
12-2 p.m.	Cooking demonstration-Virginia Egg Council	Single Gym
12:30-1 p.m.	Zumba	Fitness Studio B
12:30-1:45 p.m.	Art and Mindfulness-Robin Boucher, arts program director	Classroom 198
2-2:30 p.m.	Cooking demonstration: Quick, healthy, homemade salad dressings-Sarah Burkette, Virginia Cooperative Extension	Single Gym

HOKIE WELLNESS



Presented by

Human Resources, Division of Student Affairs, and CARILION CLINIC



LIVE ◀ LEARN ▶ WORK

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Exhibitors



Stop by TIAA table 75 from 7:30 a.m.-1 p.m. for a complementary warm beverage.

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Exhibitor	Table
Addiction Recovery Research Center at VTCRI	73
Aetna	48
AFLAC	55
AirMedCare Network	57
Anthem BCBS	46
Aon Hewitt	45
Barrows	1
Blacksburg Eye Associates	62/63
Blacksburg Parks and Recreation	31
Carilion Clinic Vascular Surgery	38
Carilion New River Valley Medical Center	51
Carilion New River Valley Diabetes Management Program	49
Carilion New River Valley Nutrition Services	50
Carilion New River Valley Women's Services	76
Carilion Wellness	23
Christiansburg Parks and Recreation	34/35
Coca-Cola Bottling Company Consolidated	24
CommonHealth	64
Community Health Center of the New River Valley	56
Community Housing Partners	52
Delta Dental of Virginia	47
EHE Clinic	16
Enroll Virginia	54
Fidelity Investments	25
Hethwood Apartment Homes	28
ICMARC	40
Kroger	6
Legal Resources	44
Lewis Gale Regional Health System	60/61
Main Street Pharmacy	68
Martin Travel	30
Massage Therapy	9/10
New River Healing Arts	22

Exhibitor	Table
New River Valley Agency on Aging	53
River Ridge Dermatology	39
Standard Insurance	43
Susan G. Komen Virginia Blue Ridge	58
Sustainable Food Corps Community Garden	17
TIAA	74
TIAA Beverage Station	75
Total Motion Physical Therapy	69
Tuck Chiropractic	66
VelocityCare	Hallway
Virginia College Savings Plan	70
Virginia Cooperative Extension	26
Virginia Egg Council	19
Virginia Governmental Employees Association (VGEA)	59
Virginia 4-H	27
Virginia Medicare Patrol	32
Virginia Retirement System	41
Virginia Tech ADA Services	11
Virginia Tech Adult Day Services	18
Virginia Tech Assistive Technologies	4
Virginia Tech EHS Ergonomics	2
Virginia Tech Environmental Health and Safety	3
Virginia Tech Hokie Centric	7
Virginia Tech Hokie Wellness	Hallway
Virginia Tech Office of Emergency Management	14
Virginia Tech Police Dept	15
Virginia Tech Recreational Sports	Hallway
Virginia Tech Reiki Club	8
Virginia Tech Relay for Life	37
Virginia Tech University Organizational and Professional Development	12
Virginia Tech Women's Center	20
Virginia Tech Workman's Comp	42
Warm Hearth, Inc.	36
Wells Fargo	67

