**WELCOMING EMPLOYEES BACK TO CAMPUS TO MAKE THE BEST OF EVERY MOMENT**

The new year has begun and with it brings new beginnings. Hokie Wellness remains committed to supporting you and helping you sustain your well-being. See below for programs we will offer this spring. The symbol next to each program designates the dimension of well-being associated with the program.

### JANUARY

<table>
<thead>
<tr>
<th>Mental/Emotional</th>
<th>Physical</th>
<th>Social</th>
<th>Community</th>
<th>Financial</th>
<th>Purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>REVIVE! Education Training</strong>&lt;br&gt;Mon 1/10, 12 p.m. - 1:30 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Koru Basic Mindfulness</strong>&lt;br&gt;Wed 1/12</td>
<td>Thu 1/13</td>
<td>1/19</td>
<td>1/26 from 8 a.m. - 9 a.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Manifest Your Future: Create a Vision Board</strong>&lt;br&gt;Thu 1/13, 11:30 a.m. - 1 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Walking Wednesday Kickoff</strong>&lt;br&gt;Wed 1/19, 12 p.m. - 1 p.m.&lt;br&gt;The Six Dimensions of Well-being&lt;br&gt;Thu 1/20, 12 p.m. - 1 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mental Health First Aid</strong>&lt;br&gt;Thu 1/27, 8:30 a.m. - 4 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### FEBRUARY

<table>
<thead>
<tr>
<th>Mental/Emotional</th>
<th>Physical</th>
<th>Social</th>
<th>Community</th>
<th>Financial</th>
<th>Purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Koru Basic Mindfulness</strong>&lt;br&gt;Wed 2/2, 8 a.m. - 9 a.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Meaning in Your Life: Ways to See It</strong>&lt;br&gt;Wed 2/2, 12 p.m. - 12:30 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mental Health First Aid</strong>&lt;br&gt;Tue 2/8, 8:30 a.m. - 4 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Planning for Baby - Faculty</strong>&lt;br&gt;Wed 2/8, 12 p.m. - 1 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Immune Support 101</strong>&lt;br&gt;Thu 2/9, 12 p.m. - 1 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Failing in Love with Credit</strong>&lt;br&gt;Mon 2/14, 12 p.m. - 1 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Planning for Baby - Staff</strong>&lt;br&gt;Tue 2/15, 12 p.m. - 1 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Resiliency in the Workplace: Self-Care</strong>&lt;br&gt;Wed 2/16, 12 p.m. - 1 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tour of Goodwin Hall</strong>&lt;br&gt;Wed 2/16, 2 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mental Health First Aid</strong>&lt;br&gt;Wed 2/23, 8:30 a.m. - 4 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Weaving Gratitude into your Week</strong>&lt;br&gt;Thu 2/24, 12 p.m. - 12:45 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### MARCH

<table>
<thead>
<tr>
<th>Mental/Emotional</th>
<th>Physical</th>
<th>Social</th>
<th>Community</th>
<th>Financial</th>
<th>Purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thank4 Gratitude Campaign</strong>&lt;br&gt;All Month Long</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>QPR Suicide Prevention</strong>&lt;br&gt;Wed 3/2, 12 p.m. - 1 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Banish Burnout</strong>&lt;br&gt;Thu 3/3, 12 p.m. - 12:30 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Learn About Animal Assisted Therapy</strong>&lt;br&gt;Thu 3/10, 12 p.m. - 1 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Decoding Nutrition Labels</strong>&lt;br&gt;Wed 3/16, 12 p.m. - 1 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sleep Better Techniques</strong>&lt;br&gt;Wed 3/16, 12:15 p.m. - 12:40 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Koru 2.0</strong>&lt;br&gt;3/18</td>
<td>3/23</td>
<td>3/30 from 8 a.m. - 9 a.m.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Resiliency in the Workplace: Press Pause</strong>&lt;br&gt;Thu 3/17, 12 p.m. - 1 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mindful Journaling</strong>&lt;br&gt;Wed 3/22, 12 p.m. - 1 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mental Health First Aid</strong>&lt;br&gt;Wed 3/29, 12 p.m. - 1 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>The Six Dimensions of Well-being</strong>&lt;br&gt;Wed 3/30, 12 p.m. - 1 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### APRIL

<table>
<thead>
<tr>
<th>Mental/Emotional</th>
<th>Physical</th>
<th>Social</th>
<th>Community</th>
<th>Financial</th>
<th>Purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gardening as a Mindful Practice</strong>&lt;br&gt;Tue 4/5, 12 p.m. - 1 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Koru 2.0</strong>&lt;br&gt;Wed 4/6, 8 a.m. - 9 a.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Painting with Robin Scully</strong>&lt;br&gt;Thu 4/7, 12 p.m. - 1 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Invasive Plant Removal with Master Naturalists</strong>&lt;br&gt;Tue 5/3, 3 p.m. - 5 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### RESOURCES

- **Student Distress Guide**  
  [https://hokiewellness.vt.edu/distressguide](https://hokiewellness.vt.edu/distressguide)
- **Employee Assistance Program**  
  [https://hr.vt.edu/benefits/discounts/health-wellness/eap](https://hr.vt.edu/benefits/discounts/health-wellness/eap)
- **Hokie Wellness on Demand**  
  [https://hokiewellness.vt.edu/hwondemand.html](https://hokiewellness.vt.edu/hwondemand.html)

Program descriptions and registration will be promoted in the VT Daily News campus notices and in the Hokie Wellness monthly email.

To receive the monthly email, simply contact Hokie Wellness at [hokiewellness@vt.edu](mailto:hokiewellness@vt.edu) and ask to be added to the google group.