

HOKIE WELLNESS FOR EMPLOYEES

WORKSHOPS & PROGRAMS | SPRING 2025



Scan for digital version with registration links
hokiewellness.vt.edu/employees/calendar

*INDICATES VIRTUAL OR HYBRID OPTION

SOCIAL

Bike Hub & Transit Center Tour

- April 9, 12-1 p.m.

“Improv” Your Communication

- Feb. 21, 11 a.m.-12 p.m.
- Apr. 17, 11:30 a.m.-12:30 p.m.

Key to Connection*

- Feb. 11, 2-3 p.m.

Mindful Meetings

- Feb. 18, 12:15-1 p.m.

Relationship Green Flags*

- Feb. 4, 11 a.m.-12 p.m.

Take a Brain Break (12-1 p.m.)

- Feb. 7
- Mar. 14
- Apr. 4 (*Craft swap*)
- May 28

NUTRITION

Cooking for YOU

- Feb. 14, 12-1 p.m.

Healthy Nutrition for Aging*

- May 13, 11:30 a.m.-12:30 p.m.

Liven Up Your Lunchbox*

- Jan. 30, 1-1:45 p.m.

Savor the Flavor Cooking Class

- Apr. 8, 12-1 p.m.

What’s In Season?

- Apr. 23, 4-5 p.m.
- May 28, 4-5 p.m.

ADDICTION & RECOVERY

Problem Gambling Prevention*

- Mar. 7, 11 a.m.-12 p.m.

REVIVE! Opioid Overdose Emergency Response Training

- Feb. 24, 5:30-7:30 p.m.
- Mar. 11, 10 a.m.-12 p.m.
- Apr. 10, 2-4 p.m.
- May 1, 1-3 p.m.

MENTAL HEALTH

7 Types of Rest®*

- Apr. 3, 10-11 a.m.

Compassionate Response to Crisis*

- Mar. 14, 11 a.m.-12 p.m.

Guided Meditations*

- Mar. 12, 8:30-9 a.m.

Healthy Boundaries*

- Apr. 29, 12-1 p.m.

How to Find a Therapist 101*

- Mar. 20, 11 a.m.-12 p.m.

Mental Health First Aid*

8:30 a.m.-4:30 p.m.

- Feb. 7, 19
- Mar. 12, 27
- Apr. 11

Mental Health Media Hour

- Feb. 25, 12-1 p.m.
- May 16, 12-1 p.m.

Unpacking Grief

- May 7, 11 a.m.-12 p.m.

COMMUNITY

Employee Appreciation & Hokie Wellness Fair

- May 21, 10 a.m.-2 p.m.

DMV Connect

- Mar. 26, 9 a.m.-4 p.m.

FAMILY & CAREGIVING

CRM® for Caregivers of Children*

- Feb. 20, 12-1 p.m.

Healthy Body Image and Eating Behaviors Among Adolescents*

- Mar. 19, 12:15-1:30 p.m.

Parent Meetups

- Hand-in-Hand Park: Apr. 5
- Glade Road Farm Tour: Apr. 18

Planning for Baby* (30 min)

- **Staff:** Feb. 4, May 6 (11 a.m.)
- **Faculty:** Feb. 13, May 8 (12:30 p.m.)

PHYSICAL

Know Your Numbers*

- Mar. 11, 11:30 a.m.-12:15 p.m.

Lunch Break Burn

- Apr. 15, 12:15-1 p.m.

Menopause Series* (12:15-1:30 p.m.)

- **Perimenopause:** Mar. 5
- **Menopause:** Mar 12
- **Post-menopause:** Mar. 26

Physician Series* (12-12:45 p.m.)

- Private Changes in Private Places: Feb. 28
- The Intersection of Success and Health: Mar. 28
- Environmental/Structural Health: April 17
- Life Transitions in Older Ages: May 30

Strong Minds, Strong Bodies*

- Mar. 18, 12-1 p.m.

Weight Training for Life (12-1 p.m.)

- Resistance Training: Feb. 6
- New Exercises: Mar. 6
- Rehab Training & Fuel: Apr. 10
- Summer Training: May 1

REC SPORTS

For information about employee fitness opportunities, visit Recreational Sports' Employee Fitness website:



recsports.vt.edu/employees

STAY UP-TO-DATE

For information about additional campus and community health and wellness opportunities, sign up for our newsletter:



tinyurl.com/hw-newsletter