

HOKIE WELLNESS FOR EMPLOYEES

WORKSHOPS & PROGRAMS | SEPTEMBER-DECEMBER 2025

*INDICATES VIRTUAL OR HYBRID OPTION

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



MENTAL HEALTH

Community Resiliency Model (CRM)® Training

- Overview: Sept. 3, 11 a.m.-12 p.m.*
- Self-Focused: Nov. 12, 2-3 p.m.*
- Supporting Others: Dec. 15, 11 a.m.-12 p.m.

Cultivating Healthy Body Image & Eating Behavior Among Adolescents*

- Nov. 12 11 a.m.-12:30 p.m.

Guided Meditations*

- Sept. 11, 8:30-9 a.m.
- Nov. 6, 12-12:30 p.m.
- Dec. 4, 8:30-9 a.m.

How to Find a Therapist 101*

- Oct. 14, 4-5 p.m.
- Dec. 4, 3-4 p.m.

Mental Health First Aid (all day)

- Sept. 12*, Sept. 30, Oct. 17*, Nov. 14, Dec. 5*

Mental Health Media Hour

- Nov. 13, 4-5 p.m.

Mindfulness, Meditation & Movement*

- Oct. 21, 3-3:45 p.m.

More Joy, Less Holiday Stress*

- Dec. 3, 12:15-1 p.m.

Unwinding Anxiety*

- Oct. 8, 12:15-1 p.m.

PARENTS & CAREGIVERS

Children's Well-being Resource Fair

- Sept. 27, 9 a.m.-12 p.m.

Parent Meetup

- Farm tour: Oct. 17
- Family Swim: Nov. 8
- Gingerbread Craft: Dec. 6

Planning for Baby*

- **Faculty:** Oct. 30, 12:30-1 p.m.
- **Staff:** Oct. 28, 12:30-1 p.m.

SOCIAL/COMMUNITY

Active Listening Practice*

- Sept. 29, 11 a.m.-12 p.m.

Bike Hub & Transit Center Tour

- Oct. 15, 12-1 p.m.

Vitamin G: How Gratitude Improves Well-being*

- Sept. 8, 10-11 a.m.

"Improv" Your Communication

- Sept. 5, 11:30 a.m.-12:30 p.m.

Free Produce Pop-up with Glade Road Growing

- Sept. 17, 11:30 a.m.-2 p.m.

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

- Sept. 16, Oct. 10, Nov. 4, Dec. 3

Tour of Hahn Horticulture Garden

- Sept. 9, 12-1 p.m.

What's In Season? (4-5 p.m.)

- Sept. 24, Oct. 22, Nov. 19

PHYSICAL

Physician Series with LewisGale (12-1 p.m.)*

- Sept. 26, Oct. 24, Nov. 21, Dec. 12

Sleep Better Techniques*

- Oct. 13, 11 a.m.-12 p.m.

Strong Minds, Strong Bodies*

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

Type 2 Diabetes Prevention*

- Nov. 11, 11:30 a.m.-12:30 p.m.

Vax Facts and Wellness Chat*

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

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

- Sept. 18, Oct. 16, Nov. 20, Dec. 18

For information about employee fitness opportunities, visit Recreational Sports' Employee Fitness website:
recsports.vt.edu/employees

SELF-CARE

7 Types of Rest®*

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

Digital Tools for Boundary Setting*

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

Healthy Boundaries for Professionals*

- Sept. 11, 12-1 p.m.

Self-Care Strategies to Avoid Burnout*

- Dec. 10, 12-1 p.m.

Six Dimensions of Well-being*

- Dec. 11, 11:30 a.m.-12:30 p.m.

NUTRITION

Cooking Class: Flavor of Spain

- Sept. 23, 12-1:30 p.m.

Cooking Class: Healthy Cooking for the Holidays

- Nov. 21, 12-1:30 p.m.

FINANCIAL

Flexible Spending 101*

- Oct. 2, 1-2 p.m.

How Money Works*

- Sept. 25, 12:15-1 p.m.

Preparing Financially for the Holidays*

- Nov. 5, 12:15-1 p.m.

ADDICTION & RECOVERY

REVIVE! Opioid Overdose Emergency Response Training

- Sept. 12, 11 a.m.-12:30 p.m.
- Oct. 6, 5:30-7 p.m.
- Nov. 12, 2-3:30 p.m.
- Dec. 18, 12-1:30 p.m.

GET THE NEWSLETTER

Get bi-weekly updates on campus and community wellness events!

tinyurl.com/hw-newsletter

