

# HOKIE WELLNESS FOR EMPLOYEES



Scan the QR code for a digital version that contains hyperlinks  
or visit [hokiewellness.vt.edu/employees/calendar](http://hokiewellness.vt.edu/employees/calendar)

All trainings and workshops are offered in a hybrid or fully virtual format unless otherwise noted.  
Sessions labeled “in-person” are offered exclusively in-person.

## SELF-CARE

Unpacking Grief  
May 1, 3-4 p.m.

Seven Types of Rest  
May 22, 1-2 p.m.

6 Dimensions of Well-Being  
May 26, 1-2 p.m.

Mindful Journaling  
June 5 and Aug. 7, 12-1 p.m.

Staying Grounded and  
Communicating Mindfully  
June 17, July 15, and Aug. 19  
12-1 p.m.

Strategies to Avoid Burnout  
June 30, 11 a.m.-12 p.m.

Sleep Better Techniques  
June 29, 11 a.m.-12 p.m.

Aligning Our Digital Lives  
with What Matters  
July 8, 11 a.m.-12 p.m.

Healthy Boundaries  
for Professionals  
July 21, 2:30-3:30 p.m.

## MENTAL HEALTH

Mental Health First Aid  
May 22, June 11, July 16, and  
Aug. 13, 8:30 a.m.-4:30 p.m.

Global Mental Health:

- Barriers and Access to Care  
May 12, 2-3p.m.
- Personal Growth and Identity  
Development  
June 12, 1-2 p.m.
- Community Care and Advocacy  
July 31, 1-2 p.m.
- AI and Mental Health  
Aug. 18, 2-3 p.m.

Community Resiliency Model  
Practice Sessions

- Gesturing  
May 6, 11 a.m.-12 p.m.
- Grounding  
July 1, 2-3 p.m.
- Resourcing  
Aug. 4, 2:30-3:30 p.m.

## PHYSICAL

Decoding Nutrition Labels  
May 14, 11:30 a.m.-12:30 p.m.

A Beginner's Guide to Running  
June 4, 11-11:45 a.m.

Alpha Gal Syndrome: An Epidemic  
June 17, 1-2:15 p.m.

Mindful Movement (in-person)  
July 22, 3-3:45 p.m.

Heat and Health  
June 23, 2-3 p.m.

Knowing Your Care Options:  
Palliative or Hospice?  
July 24, 12:30-1:30 p.m.

Liven up Your Lunchbox  
Aug. 12, 11 a.m.-12 p.m.

Strong Minds, Strong Bodies  
Aug. 28, 11 a.m.-12 p.m.

Free Employee Fitness  
Opportunities with Rec Sports  
Dates and Times Vary

## PARENTING

Family Yoga at Huckleberry  
Park (in-person)  
May 9, 11 a.m.-12 p.m.

Planning for Baby  
11:30 a.m.-12 p.m.

- June 9 - Staff
- June 16 - Faculty

Bike Basic for Kids (in-person)  
June 13, 10 a.m. - 12 p.m.

Donuts and Dos . . . Hairdos.  
Aug. 8, 9-10:30 a.m. (in-person)

## STAY CONNECTED

Phone: 540-231-8878

Email: [hokiewellness@vt.edu](mailto:hokiewellness@vt.edu)

Web: [hokiewellness.vt.edu/employees](http://hokiewellness.vt.edu/employees)

Newsletter: [tinyurl.com/hokiewellnessnews](http://tinyurl.com/hokiewellnessnews)

Instagram: [@vt\\_employeewellness](https://www.instagram.com/vt_employeewellness)

## COMMUNITY/SOCIAL

Brain Break (in-person)  
May 5, June 11, July 7,  
and Aug 11, 12-1 p.m.

What's in Season? (in-person)  
May 27, June 24, July 22,  
and Aug 26, 4-5 p.m.

Hosting Recovery  
Friendly Events  
June 25, 11-11:45 a.m.

Pawrent Meetup at Huckleberry  
Dog Park (in-person)  
July 18, 9-10 a.m.

Living a Music-Integrated  
Life (in-person)  
Aug. 20, 11 a.m. - 12 p.m.

Glade Road Growing  
Farm Tour (in-person)  
July 28, 5:30-7:30 p.m.

Welcome to the Community  
Social (in-person)  
Aug. 13, 4-6 p.m.

## FINANCES/HOUSING

Downsize/Rightsizing:  
Find the Right-Sized Home  
May 7, 12:30-1:15 p.m.

Financial Planning and  
Caring for Aging Parents  
May 13, 11:30 a.m. - 12:30 p.m.

Homebuying: What Can I Afford?  
May 18, 11:30 a.m.-12:15 p.m.

Walk & Talk with an NRV Realtor  
June 10 and July 22  
11-11:30 a.m. (in-person)

Student Loan Repayment Changes  
June 15, 12-1 p.m.

## SUPPORT GROUPS

Visit the hyperlinks below or scan the QR  
code at the top of this page to learn about  
The Psychological Services Center.

- Grief and Loss
- Neurodivergence & Neurodiversity