

HOKIE WELLNESS FOR EMPLOYEES

WORKSHOPS & PROGRAMS | SUMMER 2025

*INDICATES VIRTUAL OR HYBRID OPTION



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

SOCIAL

Bike Hub & Transit Center Tour

- July 30, 12-1 p.m.

“Improv” Your Communication

- June 24, 12-1 p.m.

Mindful Meetings

- Aug. 28, 1-1:45 p.m.

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

- June 13
- July 18
- Aug. 15

NUTRITION

Cooking Class: Healthy & Delicious Cookout Sides

- June 25, 12-1:30 p.m.

Cooking Class: Plant-Powered Plates

- July 22, 12-1 p.m.

Decoding Nutrition Labels*

- Aug. 6, 12-12:45 p.m.

Healthy Nutrition for Busy Schedules*

- June 20, 12-1 p.m.

What’s In Season? (4-5 p.m.)

- May 28
- June 25
- July 30
- Aug. 20

ADDICTION & RECOVERY

Recovery Ally Training (11 a.m.)

- **Community:** June 16
- **Loved Ones:** July 28

REVIVE! Opioid Overdose Emergency Response Training

- June 10, 1-3 p.m.
- July 23, 11 a.m.-1 p.m.
- Aug. 7, 1-3 p.m.

COMMUNITY

Employee Appreciation & Hokie Wellness Fair

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

MENTAL HEALTH

7 Types of Rest®*

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

Community Resiliency Model (CRM)® Training

- May 15, 1-4 p.m.
- May 28, 9 a.m.-12 p.m.
- June 17, 1-4 p.m.

Guided Meditations*

- June 17, 8:30-9 a.m.
- July 15, 3-3:30 p.m.
- Aug. 19, 10-10:30 a.m.

Healthy Boundaries*

- July 31, 11 a.m.-12 p.m.

How to Find a Therapist 101*

- Aug. 15, 1-2 p.m.

Mental Health First Aid

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

- May 30*
- June 24
- July 11*
- July 30
- Aug. 13*

Mental Health Media Hour

- July 9, 4-5 p.m.

Mental Health Resources Information Session*

- Aug. 21, 12-1 p.m.

Mindfulness, Meditation & Movement*

- Aug. 14, 12-12:30 p.m.

Self-Care Strategies to Avoid Burnout*

- Aug. 5, 11 a.m.-12 p.m.

PARENTS & CAREGIVERS

Parent Meetup

- May 31, 10 a.m.-12:30 p.m.
- June 21, 10 a.m.-12 p.m.
- July 12, 11 a.m.-3 p.m.

Planning for Baby* (30 min)

- **Faculty:** July 8 (12:30 p.m.)
- **Staff:** July 10 (12:30 p.m.)

PHYSICAL

Alpha-Gal Syndrome: An Emerging Epidemic*

- June 10, 12:15-1:30 p.m.

Heat & Health*

- July 1, 12-1 p.m.

Strategies for Weight Management and Heart Health*

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

Strong Minds, Strong Bodies*

- June 12, 12-1 p.m.

Type 2 Diabetes Prevention*

- July 17, 11:30 a.m.-12:30 p.m.

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

- June 12
- July 10
- Aug. 7

FINANCIAL

Back-to-School, Back-on-Budget*

- July 24, 11:30 a.m.-12:30 p.m.

Financial Aid Demystified: What Parents Need to Know*

- June 17, 11:30 a.m.-1:30 p.m.

REC SPORTS

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

recsports.vt.edu/employees



GET THE NEWSLETTER

Sign up for more campus and community wellness events!

tinyurl.com/hw-newsletter

