

HOKIE WELLNESS FOR EMPLOYEES

WORKSHOPS & PROGRAMS | SPRING 2026

*INDICATES VIRTUAL OR HYBRID OPTION



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

SELF-CARE

Unpacking Grief *

- Jan 14, 12-1 p.m.

Realize Your Self-Care Goals:

Create a Vision Board

- Jan 22, 11:30 a.m. - 1 p.m.

Mindful Journaling (12-1 p.m.) *

- Jan 23 and Mar 31

Healthy Boundaries for Professionals *

- Feb 25, 11 a.m. - 12 p.m.

Cultivating Emotional Awareness *

- Feb 26, 11:30 a.m. - 12:30 p.m.

How to Paint What You Feel

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

7 Types of Rest *

- Apr 7, 1:30-2:30 p.m.

MENTAL HEALTH

Guided Meditations (8:30-9 a.m.) *

- Jan 14, Feb 18, Apr 15

Mental Health First Aid

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

- Jan 16, Mar 27, and Apr 29 *
- Feb 24

Community Resiliency Model (CRM)®

- Jan 27, 2-3 p.m. *
- Mar 6, 1-2 p.m. *
- Apr 16, 1:30-2:30 p.m.

Mental Health Resources Session *

- Feb 20, 2-3 p.m.

How to Find a Therapist 101 *

- Feb 26, 3-4 p.m.

Mental Health Media Hour

- Apr 30, 4-5 p.m.

PHYSICAL/MEDICAL

Weight Training for Life (12:30-1:30 p.m.)

- Jan 28*, Feb 23, Mar 23, and Apr 22

Mindful Movement *

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

LewisGale Physician Series *

(12-12:45 p.m.)

- Feb 6 - Heart Issue Treatment Options
- Mar 27 - Small Changes, Big Impact
- Apr 17 - Environment & Your Health

Nurture your Heart for Lifelong Wellness *

- Feb 12, 12-1 p.m.

Ergonomic Essentials *

- Mar 17, 11 a.m. - 12 p.m.
- Apr 9, 12:15 - 1 p.m.

Perimenopause: What's Happening? *

- Mar 11, 12-1:15 p.m.

Menopause: Life during "The Change" *

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

Strong Minds, Strong Bodies *

- Mar 24, 11 a.m. - 12 p.m.

Post-Menopause: What's Next? *

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

Patient Advocacy Skills *

- Apr 2, 12:30 - 1:30 p.m.

REC SPORTS

View employee fitness opportunities at
recsports.vt.edu/employees

COOKING CLASSES

Delicious, Nutritious & Low Budget

- Feb 10, 12-1:30 p.m.

DASH Diet to Protect Your Heart

- Mar 31, 12-1:30 p.m.

Boost Brain Health

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

FINANCIAL

The Resilient Wallet *

- Jan 29, 12-1 p.m.

The Psychology of Spending *

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

Declutter your Finances *

- Mar 5, 12-1 p.m.

Saving for Education with Invest 529 *

- Mar 26, 1-2 p.m.

SOCIAL/COMMUNITY

Campus Tours

- Jan 29 - Southgate Center (9-10 a.m.)
- Apr 15 - Hahn Garden (11:30 a.m. - 12:30 p.m.)
- Apr 28 - Ware Lab (1-2 p.m.)

Habitat for Humanity Info Session *

- Feb 9, 3-4 p.m.

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

- Feb 10, Mar 10, Apr 8

Menopause Cafe

- Jan 20, 12:30-2 p.m. *
- Feb 17, Mar 19, Apr 23 (12-1:30 p.m.)

"Improv" Your Communication

- Mar 12, 12-1 p.m.

Healthy You, Healthy Planet *

- Apr 14, 11:30 a.m. - 12:30 p.m.

What's in Season?

- Apr 29, 4-5 p.m.

STAY CONNECTED

Bi-Monthly Wellness Newsletter

Email: hokiewellness@vt.edu

Call: 540-231-8878

Web: hokiewellness.vt.edu/employees

SUPPORT GROUPS

Grief and Loss

- biweekly on Tuesdays

Neurodivergence and Neurodiversity

- biweekly on Wednesdays