

# HOKIE WELLNESS FOR EMPLOYEES

WORKSHOPS & PROGRAMS | SPRING 2026



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[hokiewellness.vt.edu/employees/calendar](https://hokiewellness.vt.edu/employees/calendar)

\*INDICATES VIRTUAL OR HYBRID OPTION

## 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.

## PARENTS/CAREGIVERS

### Planning for Baby (12:30-1 p.m.) \*

- Feb 3 - Faculty
- Feb 4 - Staff

### Navigating School-Age Programs and Camp Enrollment \*

- Feb 12, 12-1 p.m.

### Parent Meetup

- See page for upcoming events.

### Parent Lunch & Learns \*

- Jan 22, Feb 26, Mar 26, Apr 23

### Communication Strategies for Caregivers of Persons with Dementia \*

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

## 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)<sup>®</sup>

- 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.

## 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 19, 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](mailto:hokiewellness@vt.edu)

Call: 540-231-8878

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

## PHYSICAL/MEDICAL

### Weight Training for Life (12-1 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](https://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.

## SUPPORT GROUPS

### Grief and Loss

- biweekly on Tuesdays

### Neurodivergence and Neurodiversity

- biweekly on Wednesdays