



SPRING 2023 EMPLOYEE WELLNESS EVENTS



*Events scheduled in-person will follow current BW safety protocols.
All events are set-up to pivot virtually, if needed.*

Visit us at JacketConnect.bw.edu choose Employee Wellness

BWELL MISSION:

To create and sustain a culture of well-being that supports personal growth and vitality through strong community.

Managers are encouraged to support their staff members' attendance.

Employees may attend these sessions on University time.

For more information:
Jackie Rodriguez
Health Promotion Director
(440) 826-3567
jarodrig@bw.edu

Join us through the Employee Wellness group on Jacket Connect.

RENEW WELLNESS CHALLENGE

Register between January 16th-February 6th. Challenge begins January 30th to February 26th. Renew is an online program to reinvigorate your mind and body, clarify purpose, and strengthen relationships.

MINDSPA OPENHOUSE

January 24th from 11am-1pm. Light Refreshments included.

Our self-directed, do-it-yourself Employee Mind Spa (EMS) is an ideal way to relax, decrease stress and to take time out of your day for yourself. We invite you to explore the variety of options to find what works best for you.

MEDITATION MONDAY

Every Monday, starting January 16th, from 3-3:15pm via Zoom.

Start each week with an opportunity to top off your inner resources. Staying engaged can be difficult when your inner peace is running low.

TRAVEL TALKS

Be inspired and join colleagues as they share their travel wisdom, photos, resources, and stories via Zoom all semester long. Go to our website for dates and descriptions.

SCIENCE OF HEALTHY: FINANCIAL WELLBEING

Fridays, 12 pm Sandstone 1 (Union) Free salad and soup included. Must RSVP to attend.

This series will explore the ongoing practice of financial wellness. Learn strategies for supporting your best life.

Feb. 3rd: Money Mindset

Feb. 10th: Crafting Contentment

Feb. 17th: Sensible Spending

Feb: 24th: Rewarding Retirement

RED CROSS CPR/AED CERTIFICATION

In-person, February 15th or the 16th from 4-5:30pm, in Lou Higgins 240A/B.

The Adult CPR/AED Blended Learning Class is a 2-hour online course and an hour and a half in-person skills portion. The course will cover videos and hands-on skills for a person to perform CPR, and AED skills on an adult. Please RSVP; Fee \$15

TAO CONNECT CHALLENGE

Begins Tuesday, March 14th through May 16th.

Each week we provide you with a tool kit of effective evidence-based resources to help you build resiliency in the workplace and at home. You have completely anonymous, free access, 24/7/365. For each content title you complete each week, you earn one raffle ticket for a chance to win a \$25 gift card for gas, food, or groceries.

CAS ART NIGHTS

Valentine Craft Project: February 9th at 5:15 in the Quarry Room.

Wellness Mural Project: March 21st at 5:15 in Sandstone 1.