



Spring 2015 Wellness Engagements for Faculty & Staff



BE ACTIVE



EAT WELL



REDUCE STRESS

January

6	Yoga for All	Welcome Center, 12:05-12:50 pm
7	Designated Sneaker Day	Take an active step and meet co-workers in front of the HUB at 12:00 pm for a walk!
8	Yoga for All	Welcome Center, 12:05-12:50 pm
8	Weight Watchers At Work	Silver Center, 12:30-1:00 pm, conf. room 130
13	Yoga for All	Welcome Center, 12:05-12:50 pm
15	Yoga for All	Welcome Center, 12:05-12:50 pm
15	Weight Watchers At Work	Silver Center, 12:30-1:00 pm, conf. room 130
20	Yoga for All	Welcome Center, 12:05-12:50 pm
22	Yoga for All	Welcome Center, 12:05-12:50 pm
22	Weight Watchers At Work – Open House	Silver Center, 12:30-1:00 pm, conf. room 130
27	Yoga for All	Welcome Center, 12:05-12:50 pm
29	Yoga for All	Welcome Center, 12:05-12:50 pm
29	Weight Watchers At Work	Silver Center, 12:30-1:00 pm, conf. room 130

February

3	Yoga for All	Welcome Center, 12:05-12:50 pm
4	Designated Sneaker Day	Take an active step and meet co-workers in front of the HUB at 12:00 pm for a walk!
5	Yoga for All	Welcome Center, 12:05-12:50 pm
10	Yoga for All	Welcome Center, 12:05-12:50 pm
11	Snowshoe Walk to Langdon Woods	Meet at Human Resources, 12:00-12:45 (limited number of snowshoes available on a first come first serve basis)
12	Yoga for All	Welcome Center, 12:05-12:50 pm
13	Healthy PSU Goes Red for Heart Health	HUB, 12:00-12:05 pm ~ February is Heart Health Month! Wear anything RED and come by the HUB Fireplace for a group photo and honor someone you love.
13	Chair Massages	Frost Commons, by appt. for Faculty & Staff
16	Chair Massages	Frost Commons, by appt. for Faculty & Staff
17	Yoga for All	Welcome Center, 12:05-12:50 pm
18	Snowshoe Walk to Langdon Woods	Meet at Human Resources, 12:00-12:45 (limited number of snowshoes available on a first come first serve basis)
19	Yoga for All	Welcome Center, 12:05-12:50 pm
24	Heart Health Awareness for Love Your Body	HUB 119, 12:00-12:45 PM
24	Yoga for All	Welcome Center, 12:05-12:50 pm
25	Snowshoe Walk to Langdon Woods	Meet at Human Resources, 12:00-12:45 (limited number of snowshoes available on a first come first serve basis)
26	Yoga for All	Welcome Center, 12:05-12:50 pm

For more information visit the Healthy PSU Website: www.plymouth.edu/healthy-psu/

March

3	Yoga for All	Welcome Center, 12:05-12:50 pm
4	Designated Sneaker Day	Take an active step and meet co-workers in front of the HUB at 12:00 pm for a walk!
5	Yoga for All	Welcome Center, 12:05-12:50 pm
10	Yoga for All	Welcome Center, 12:05-12:50 pm
12	Yoga for All	Welcome Center, 12:05-12:50 pm
13	Chair Massages	Frost Commons, by appt. for Faculty & Staff
16	Chair Massages	Frost Commons, by appt. for Faculty & Staff
17	Yoga for All	Welcome Center, 12:05-12:50 pm
19	Yoga for All	Welcome Center, 12:05-12:50 pm
24	Yoga for All	Welcome Center, 12:05-12:50 pm
25	Nutrition Month Potluck	Frost Commons, 12:00-1:00 pm
26	Yoga for All	Welcome Center, 12:05-12:50 pm
31	Yoga for All	Welcome Center, 12:05-12:50 pm

April

1	Designated Sneaker Day	Take an active step and meet co-workers in front of the HUB at 12:00 pm for a walk!
2	Yoga for All	Welcome Center, 12:05-12:50 pm
7	Yoga for All	Welcome Center, 12:05-12:50 pm
9	Yoga for All	Welcome Center, 12:05-12:50 pm
10	Chair Massages	Frost Commons, by appt. for Faculty & Staff
13	Chair Massages	Frost Commons, by appt. for Faculty & Staff
14	Yoga for All	Welcome Center, 12:05-12:50 pm
16	Yoga for All	Welcome Center, 12:05-12:50 pm
21	Yoga for All	Welcome Center, 12:05-12:50 pm
23	Yoga for All	Welcome Center, 12:05-12:50 pm
28	Yoga for All	Welcome Center, 12:05-12:50 pm
29	Wellness Wednesday	Union Grille, 12:00-1:00 pm
30	Yoga for All	Welcome Center, 12:05-12:50 pm

May

5	Yoga for All	Welcome Center, 12:05-12:50 pm
6	Designated Sneaker Day	Take an active step and meet co-workers in front of the HUB at 12:00 pm for a walk!
7	Yoga for All	Welcome Center, 12:05-12:50 pm

WEEKLY ONGOING WELLNESS OPPORTUNITIES:

***Mindful Mondays** – *Meditation* in the Frost Commons Lounge 12:20-12:45 pm

Wellness Wednesday – *Mindful Menu* choice at the Union Grille (**17% FlexCash discount!**)

Fresh Fridays – Local Foods Plymouth *Farm to Desk* delivery at D&M Building 9:30-10:30 am

* weekly, during the semester unless there is a holiday or campus closure

HUB RECREATION PROGRAMS/GROUP FITNESS INFORMATION

Fitness Room Hours: Monday – Thursday: 6:30 a.m. – 11:00 p.m., Friday: 6:30 a.m. – 9:00 p.m.

Saturday: 12 noon – 6:00 p.m., Sunday: 2:00 p.m. – 8:00 p.m

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