



## June Well-Being Newsletter



Thank you to the following SLU Faculty and Staff who participated in the 2024 Biz Dash 5k: Daniel Anthony, Ravi Arunasalam, Lyn Bee, Rob Curtin, Sameersingh Deeljore, Rachel Donahue, Bitsy Egan, Jessica Foley, Rachel Grant, Stephanie Jones, Diana Llamas, Aaron Mensinger, Lisa Presley, Cynthia Rubbelke, and Elaine Young. It was a beautiful evening for a 5k and great spending time with co-workers. Produced by the St. Louis Sports Commission, the Biz Dash 5K brings St. Louis businesses and their employees together to celebrate our community, build team camaraderie and promote a healthy, active lifestyle.

## June is National Employee Wellness Month

National Employee Wellness Month provides an opportunity for employers and organizations to enhance existing wellness programs and encourage their employees to adopt proactive strategies for improved physical, mental, and emotional wellbeing in the workplace. During the month of June we have several wellness events to support your health and well-being. Employee Well-Being and Simon Rec are teaming up to offer yoga and strength training classes for our faculty and staff this summer. Continuing our partnership with SLUCare and SSM, our second Ask the Doctor series will be dedicated to addressing metabolic health. This summer, we're introducing a walking program called Walk to the National Parks that can be completed anywhere.



## Summer Yoga & Summer Strength Classes

Employee Well-Being and Simon Recreation Center have partnered up this summer and are hosting a free summer yoga and summer strength series at Simon Rec! Faculty and Staff can join these classes on Monday and Thursdays during the month of June and July at Noon. Members and non-members of the Simon Recreation Center must sign-in with their SLU ID at either the North or South entry desks of the Rec. Non-members will then need to sign a

waiver before beginning the group class. Non-members will have to sign this waiver each time they enter the Simon Recreation Center for a group class. **Classes start Monday June 3rd and end on July 29th with no class on July 4th.** For questions on this program, please email Rachel Donahue at [Rachel.donahue@slu.edu](mailto:Rachel.donahue@slu.edu)

**Mondays at Noon, Summer Yoga-** Revitalize your body, relax your mind, and reduce stress with standing flows and poses to increase your strength and flexibility, and improve breath capacity. Beginner to experienced students are welcome! This is a one-hour class.

**Thursdays at Noon, Summer Strength-** This class is focused on helping you get and stay strong! We will utilize free weights, your body weight, stability balls, and more to challenge all your muscles, especially your core. All levels are welcome, this is a 45-minute class.



### Ask the Doctor with Dr. Gerald Wade-Obesity and Metabolic Syndrome: A New Paradigm of Treatment Tuesday, June 11th at Noon - McDonnell Douglas Hall Room 1016

Metabolic syndrome is when increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol levels occur together. Join Dr. Wade from SLUCare to talk about strategies to prevent metabolic syndrome as well as learn about treatment options. Dr. Gerald Wade is a primary care physician who treats acute illnesses and provides disease management and preventive care for both women and men. His areas of expertise include cancer prevention and

screening; chronic disease management, including obesity, diabetes and hypertension; heart disease prevention; physical exams; routine vaccinations and more. SSM will be providing lunch to participants. This event is free and space is limited please RSVP to [Rachel.donahue@slu.edu](mailto:Rachel.donahue@slu.edu)

## Walk to the National Parks

Walk to the National Parks is a free virtual walking program to promote an active lifestyle for our faculty and staff. This program is run through our [Wellness Portal](#), Virgin Pulse. **Registration begins June 7th.** More information on Walk to the National Parks is coming soon.

### Dates

- This challenge starts on Monday, June 17th and ends on Monday, July 29th .

### Teams

- Teams can have up to **7 participants**.
- Try to have a **full team of 7** to maximize your score.

### Scores

- Team scores are based on **total team steps**.
- Points will be awarded for each destination reached.
- You can get credit for a maximum of **10,000 steps per day** (so aim high)!

### Destinations

- As you go, try to unlock each **destination** with your team.
- If you unlock all the destinations before the challenge ends, keep walking. Another team could still pass you on the **Challenge Leaderboard**.

### Good to Know

- Participant names and step counts may be shared with other challenge participants and administrators.





## June Well-Being Webinars

### Getting Real: Does All That Advice Help or Hurt?

Jun 11, 2024 11:00 AM

Let's face it: we're all suffering from information overload. There's so much conflicting advice and everyone's an expert. Simply keeping up with it all is exhausting. And trying to determine what's valuable and what's not? We give up. If this sounds familiar, this webinar is for you. Tune in for real tools to help you figure out what actually works for you and your family. Back by popular demand, guest Chelsea Elliott will share simple tactics to help you trust your instincts and feel confident in your choices...as a parent, employee, caregiver, and person. Join us for practical strategies you can put to use today. Register for free to join live or receive the recording.

[Register Today!](#)

### Disability & Neurodiversity: Parenting a Child with ADD/ADHD

June 11, 2024 12:00 PM

This seminar provides a general overview of ADD/ADHD, including testing and diagnosis. The session will also go over treatment options for ADD/ADHD as well as strategies for success.

[Register Today!](#)

### Financial Wellness- Creating A Budget

June 12, 2024 12:00 PM

Learn about the basics of budgeting and how to better manage your money. This program discusses determining financial priorities, how to reduce expenses, recognizing debt trouble and strategies for saving.

[Register Today!](#)



### How to Teach your Teen Resilience

June 20, 2024 11:00 AM

Resilience is the process and outcome of successfully coping and adapting to difficult or challenging life experiences. For teens, difficult life experiences can change the way they view and interact with the world around them, and this can affect mental health, connections with others, and quality of life. Life does not come with a map or a set of instructions, so how do we equip teens with the skills to successfully cope and adapt to challenging life experiences? \*This webinar is suitable for US and global employees alike.

[Register Today!](#)

### Succeed at Work - Juggling Act: The Five Bucket Principle

June 20, 2024 12:00 PM

Are you struggling to find balance? Learn practical strategies for an integrated approach to find balance in the five key areas of life: family/friends, work, giving back, finance and health.

[Register Today!](#)



### **Child Care & Parenting: Internet Information for Parents**

Jun 26, 2024 12:00 PM

In this webinar we will review the language, identify concerns and risks, teach strategies to increase safety online, discuss instant messaging, texting, social networking and chat rooms and identify resources and monitoring software.

[Register Today!](#)

### **Financial Webinars**

#### **Write your next chapter: 5 steps to setting your retirement date**

June 4th , 11:00 a.m.

Learn the steps to take when deciding when the time is right to retire, including assessing and addressing your finances.

[Register Today!](#)

#### **Charting your course: A financial guide for women**

June 12th at 1:00 p.m.

Our goal is to help give you an idea of where you are, figure out where you want to be and, of course, consider how you are going to get there.

[Register Today!](#)

#### **The starting line: Beginning to save for retirement**

June 20th at 2:00 p.m.

Sometimes it's hard to think about retirement when you're just starting out in your career. The truth is, that's when thinking ahead can do the most good!

[Register Today!](#)

#### **Take control of your financial life: 5 steps to managing money and debt**

June 25th at 12:00 p.m.

If you're just starting out or want to improve your day-to-day financial skills, this webinar will help you learn how to manage your money and balance your priorities so you can enjoy life now and save for the future.

[Register Today!](#)