



Pathway to Wellness

December Events

December Monday Mile

Monday Mile walkers meet 12 noon circle driveway UH lobby Dec. 3, 10th and 17th *****Monday Dec 3- Welcome new walkers.**

Join the fun; get jingle bells when you walk.

<http://www.upstate.edu/health/wellness/trails.php> Upstate trails

<http://www.moveitmonday.org/mondaymile/> info Monday Mile

December GOER Monthly Challenge

“Choose to eat healthy and engage in physical activity.” Online registration starts

December 1st <https://wellnys.goer.ny.gov/>

To get you started on physical activity:

December 5th

Watch for Carol Sames, Masters in Exercise Science, around the hospital as she demonstrates the new Exercise Guidelines for Activity.

<https://health.gov/moveyourway/>

To help you eat better:

Healthy Holiday Challenge

Today to December 31– you, your cousin, your neighbor or anyone can join at any time. We have 149 from Upstate participating. <http://www.esmmweighless.com> then pick “Holiday Challenge” or go to: <https://esmmweighless.com/sign/> click “register now” or call 4-4565.

December 6th Dog Therapy

Upstate’s Health Sciences Library, 11:30-1pm. (First Thursday)

December 6 Cooking and Quitting

10 am –12 noon in the Cancer Center Atrium Lobby. All are welcome to come over.

December 11 Easy For You 2nd Tuesday of the Month

11:30-12:30 Small Cafe on 2nd floor of UH next to cafeteria. Anyone with an Upstate ID is welcome get help quitting tobacco, chew or vape. Get **free** nicotine replacement therapy (NRT), expert advice to help you quit and stay quit. Info available to help cover cost of spouse quitting too. <http://www.upstate.edu/hospital/health/healthlink/smokefree.php>

There is no smoking, vaping or chewing anywhere on the Upstate Campus.

Research Foundation Employees Virgin Pulse Incentive Based Wellness

Contact Mark Miller or Lisa Schirtz-Carroll for more information.

Kits: Tennis Ball Massage, Positivity Packs, Happiness Bag, Resistance bands and Relaxation kits are a part of the Pathway to Wellness Well-being offerings.

www.upstate.edu/wellness –information on diabetes, self-care, weight loss, walking and more

www.facebook.com/UpstatePTW

<http://www.upstate.edu/health/fluinfo.php> Flu shots 4th Floor Jacobsen Hall

www.mywellbeingindex.org Access code “Upstate”

Kindness Action- Please post or share this with your teams. PTW wishes all employees would get a copy. Your post or share will make this happen. Thank you.

Sharing this is kind.



Pamella George, Upstate CG Campus, Risk Management was a winner in the SU Healthy Monday Kindness Challenge. Anne Peer, 550 Genesee and Lisa Kozma, UHCC were Kind winners too.

