



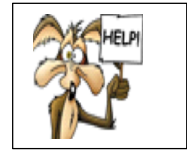
# Pathway to Wellness August 2019 EVENTS

[www.upstate.edu/wellness](http://www.upstate.edu/wellness)  
[www.facebook.com/UpstatePTW](https://www.facebook.com/UpstatePTW)

## Well-Being Index

The Well-Being Index is a validated screening tool to evaluate fatigue, depression, burnout, anxiety/stress, and mental/physical quality of life. The index is 9 (nine) questions and has resources you can use immediately. This screening tool is available online anytime.

<http://www.mywellbeingindex.org/signup> access code: "Upstate".



## Clear the Air Rounds

The Upstate Tobacco Free Task Force makes monthly Clear the Air Rounds on both campuses to spread awareness that we are a tobacco, smoke, vape free campus. Upstate offers free nicotine lozenges available to keep visitors comfortable while they are visiting. Meet in the Cancer Center atrium; 10am on August 28, September 25 and October 23. Meet at Community Campus, main lobby; 10 am on August 22, September 26 and October 24. Questions? Contact Theresa Hankin [Hankint@upstate.edu](mailto:Hankint@upstate.edu)



## Quitting and Cooking Café is Aug. 1

The Quitting and Cooking Café – Thurs., Aug. 1<sup>st</sup>, 10 a.m. to noon; atrium of Upstate Cancer Center. Advice on quitting tobacco, healthy food samples, recipes, and light refreshments will be available to Upstate employees, students, volunteers, and patients.

## Monday Mile walks

Monday Mile walkers walk inside or outside. Meet at UH Information Desk near EspressoOasis. August 5- Welcome new walkers, get a veggie and a recipe

## FUN! GOER Monthly Challenge

"Taste it, Try it Talley it up". How many different Veggies or Fruits can you try in one month? Online registration starts August 1<sup>st</sup> <https://wellnys.goer.ny.gov/> Contact Suzanne Brisk at [brisks@upstate.edu](mailto:brisks@upstate.edu) or 205 Jacobsen or a wellness committee member or wellness ambassador and get your tally sheet! Your family members can participate as well.



**Suzanne will be around UH with samples of veggies to taste on August 2nd, 5th, 6th and 8<sup>th</sup>.**

## Team Results 2019 JP MORGAN Corporate Challenge

**First Place Awards** given to-Upstate Medical University Mixed Team; Lee Berube; Jacob Pusey; Christine Phelan; Amanda Brown. Congratulations and best wishes as you move forward in the Championship Series



## Easy For You

**August 13<sup>th</sup>**, Second Tuesday of the every month, 11:30-12:30, 2nd floor lobby of Main Elevator. 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 quitting cost of others on your insurance plan. <http://www.upstate.edu/hospital/health/healthlink/smokefree.php>



**One minute relaxation**- Suzanne will be around UH on August 2<sup>nd</sup> & 7<sup>th</sup>. At **Galleries** on August 13<sup>th</sup> with a Drum! Ahhhhh! Relax!

## Websites for more wellness!

[www.upstate.edu/wellness](http://www.upstate.edu/wellness) self care, weight management resources and more

[www.mywellbeingindex.org](http://www.mywellbeingindex.org) helpful self-evaluation tool

<http://goer.ny.gov> monthly challenges, daily health tips sent to your email and 5k Magnets

[www.facebook.com/UpstatePTW](http://www.facebook.com/UpstatePTW) Keep up with events, recipes, photos and fun!

[Lernercenter.syr.edu](http://Lernercenter.syr.edu) newsletter or weekly population health briefs.

<https://eshportal.upstate.edu> To schedule Employee/Student Health appointments through the portal

CITY &  
COUNTY  
Offerings!

**Wed Walks downtown** <https://www.downtownsyracuse.com/assets/Wednesday-Walks/Wednesday-Walk-Flyer-2019.pdf>

City of Syracuse Offerings

<http://www.syr.gov.net/Parks/FitnessAndWellness.html>

**ADULT FITNESS PROGRAMS Get or stay fit in the Parks in 2019!**

**FIT! PARKS:** Free Community Fitness Classes in your neighborhood parks! No Cost to join! Expert instruction!. To register online, visit <https://syracuse.recdesk.com>

- **Thornden Park** (meets at Carriage House) Instructor: Dale Avers, PT, DPT, PhD, FAPTA.
  - Mondays and Thursdays; 5:00pm - 5:30pm. (
- **Burnet Park** (Meets near Rink building) Instructor: Ann Ionnatta, DPT
- Tuesdays and Thursdays; June 4th - August 23 Time: 6:00pm - 7:00pm

**YOGA IN THE PARK!** Enjoy free, outdoor Yoga this summer! For a full schedule of classes, and pre-register online visit <http://syracuse.recdesk.com>! E-mail [parksyouthrecreation@syr.gov.net](mailto:parksyouthrecreation@syr.gov.net) with questions!

- **Unified Yoga:** Unified Yoga is an inclusive recreation program. Rebecca Alexander, DPT, 200-RY. For current class schedule, and to pre-register online, visit <https://syracuse.recdesk.com>

**MONDAY MILES:** Part of the **MONDAY MILE** and **HEALTHY MONDAY** Campaign! There are Monday Mile Passport books... available at the Parks office. Grab one today and begin. Earn incentives! e-mail [ParksYouthRecreation@syr.gov.net](mailto:ParksYouthRecreation@syr.gov.net) for more information.

Monday Miles in the City Parks:

- **Burnet Park:** Begin at Parking area near the Playground. Include Golf course extension for 1 full Mile.
- **Thornden Park :** Single Loop - Begin in Parking Area near Pool
- **Upper Onondaga Park :** Single Loop- Begin across from Parking area near tennis courts.
- **Schiller Park neighborhood:** Loop begins along sidewalk near tennis courts Barry Park neighborhood: Loop begins near fieldhouse
  - **Sunnycrest Park:** Loop begins at Golf Clubhouse.
- **SYRATHON ROAD RACE SERIES:** Stay active through running! Tour City parks and neighborhoods on foot, and accumulate marathon mileage (26.2), by choosing from up to 7 road races and 3 Fun Runs held through the year in the City of Syracuse. Check back for information on the 2019 Series!

**AQUATIC EXERCISE CLASSES:** Don't miss this low impact workout that is sure to improve your strength, flexibility and endurance. Looking for a great low-impact exercise option? Maybe training for that triathlon? City Parks offers exclusive Lap/Training Swim hours Location: FEE: \$3 or 1 coupon per entry.. Booklets are available for purchase at the Parks Main Office (412 Spencer Street, 13204).

**Fun Runs on Thursday evenings at Onondaga Lake Park** <http://events.onondagacountyparks.com/view/616/thursday-night-fun-runs>

**Onondaga County Fresh Food truck- on the VA parking lot nearest Upstate; Fresh fruits and veggies every other Monday – August 5 and 19 etc.**

