



# Happy and Healthy New Year to All. Pathway to Wellness

## January 2019 Events

### GOER Monthly Challenge

“Pick a partner and choose a wellness challenge together.” Online registration starts Jan. 1<sup>st</sup> <https://www.wellnys.goer.ny.gov/>  
Jan 3 and Jan 4 from 11-1 on the second floor UH Main elevator lobby get your buddy and register together. Pair up for prizes too.

**2018 GOER NEWS**– **Sharon Evans**, Galleries, again completes another year of every (12) WellNYS Monthly Challenges completed in 2018! Congratulations Sharon. Participating in almost every challenge was **Anne Peer**, 550 Genesee, and **Lisa Kozma** UHCC. It’s a new year, who wants to try to do all the monthly challenges?

### Monday Mile

Monday Mile walkers meet 12 noon circle driveway UH lobby Jan 7, 14 and 28<sup>th</sup>  
Jan 7- *Welcome new walkers and a toast to a new year of walking.*  
<http://www.upstate.edu/health/wellness/trails.php> Upstate trails  
<http://www.moveitmonday.org/mondaymile/> info Monday Mile

### Dog Therapy starts in Feb

Upstate’s Health Sciences Library, 11:30-1pm. Will start first **Thursday in February.**

### Cooking and Quitting

January 3<sup>rd</sup>; 10 am –12 noon in the Cancer Center Atrium Lobby. All are welcome to come over.

### Easy For You 2<sup>nd</sup> Tuesday of the Month

January 8<sup>th</sup>; 11:30-12:30 Small Cafe on 2<sup>nd</sup> 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.*

Easy for you will include a Pathway to Wellness table. Ask questions, pick up information and sign up for programs.

### 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](http://www.upstate.edu/wellness) -information on diabetes, self-care, weight loss, walking and more  
[www.facebook.com/UpstatePTW](https://www.facebook.com/UpstatePTW)  
<http://www.upstate.edu/health/fluinfo.php> Flu shots 4<sup>th</sup> Floor Jacobsen Hall  
[www.mywellbeingindex.org](http://www.mywellbeingindex.org) Access code “Upstate”

