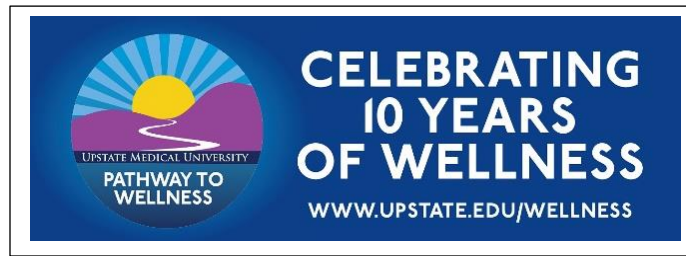


**December**  
**2022**  
**Events**



The *Pathway to Wellness* Committee invites you to donate **\$10** to a charity **10 times**.

**WellNYS Everyday Monthly challenge:**

Use a journal to plan healthy activities for 2023.

Register at: <https://wellnys.oer.ny.gov>

**Thursday, December 1<sup>st</sup>, 12 Noon-12:30 PM**

**Wrapping Up 2022 and Planning Healthy Activities for 2023**

This 30-minute webinar will begin by asking probing questions to wrap up 2022. For example: “*What are you thankful for?*” and “*What achievements are you proud of?*” Next, we will discuss planning healthy activities for 2023. The 2023 WellNYS Everyday Monthly Challenges will be revealed. Join us and bring your journal to the last wellness webinar of the year. *Presented by* Linda Carignan-Everts, EAP Wellness Coordinator NYS Work-Life Services. **To register for this training session, go to:**

<https://meetny-broadcast-pilot.webex.com/meetny-broadcast-pilot/k2/j.php?MTID=t9899cf50502764aa86d2f61384473259>

**Thursday, December 1st, 11:30 am to 1 pm**

**Therapy Thursday** Thank you, Pet Partners!

Upstate Medical Health Science Library. Therapy dog visit for all to enjoy!

**Tuesdays, 11:00 to 11:15 am.**

**Mindfulness Meditation on Tuesdays**

Annemarie Cristino, LCSW, CEAP, coordinator of Upstate Employee Assistance Program, will offer 15 minutes of mindful meditation instruction and information. Mindfulness centers on fostering connections between the brain, mind, body, and behavior. To join the session, visit: <https://upstate.webex.com/meet/cristinaA>.

**Let's Talk Party Talk**, Toastmasters International- an hour of energized webinar to help you with party conversations, toasts and more. Just what you need for Holiday Parties! **View on your own at:** <https://jwp.io/s/X9trPy32> To get more party conversation advice, read this recent *Toastmaster* article, “[7 Tips to Brush Up Your Small Talk.](#)”

**Wednesday, December 7<sup>nd</sup>, 12 noon to 12:30 pm**

**Do More of What Makes You Happy: How to Incorporate One Positive Thing into your Day.** Pre-recorded

This WellNYS Everyday webinar will familiarize you with how positive emotions, engagements, relationships, meaning, and accomplishments increases happiness and enables you to flourish and thrive in life. *Presented by* Amy Bidwell, PhD, Professor, SUNY Oswego. **Join us at:** <https://upstate.webex.com/meet/brisks>

Or on your own at: <https://wellnys.oer.ny.gov/documents/wellness-resources/Do%20More%20of%20What%20Makes%20You%20Happy%20recording.docx>

**Friday, December 9th, (the 10<sup>th</sup> is Saturday) 10 am, 10 minutes**

**10 at 10 on 9<sup>th</sup> Topic: Holiday Stress**

Join us for 10 minutes to learn about managing holiday stress!

Join us at: <https://upstate.webex.com/meet/brisks>

**Monday, December 12<sup>th</sup>, 10 am, 10 minutes**

**Holiday Humor**

You know this does get your week started off in a fun way! A few cartoons, puns, and clips to help with the “ho, ho, ho”. Join us at: <https://upstate.webex.com/meet/brisks>

**Tuesday, December 13th from 11:30 am to 12:30 pm**

**Easy For You**

Easy For You, Upstate's tobacco treatment program, will be held Tuesday, Dec. 13 from 11:30 am -12:30pm in 7335B of the west wing at Upstate University Hospital's Downtown Campus. Those with an Upstate ID are welcome to receive help quitting tobacco, chew, and vape. Free nicotine replacement therapy is available. For more information contact Theresa Hankin or Carolyn Walczyk at 315-464-3519 or [walczykc@upstate.edu](mailto:walczykc@upstate.edu)

**Monday, December 19 at 11 am, 45 minutes**

**Thriving through the Holiday Season!**

Annemarie Cristino, LCSW, CEAP, coordinator of Upstate Employee Assistance Program, will offer a program on how to thrive during the holidays! To join the session, visit: <https://upstate.webex.com/meet/cristinA>.

On behalf of the *Pathway to Wellness Committee*, I want to thank everyone for your support and participation this year! This 10-year celebration was special. We made changes to speakers, topics, times, and offerings. Thank you for a wonderful year. Please continue to let us know what you like and what you need as we look forward to a happy and healthy 2023. The season's best to you all! Dr. Bagatell and Suzanne