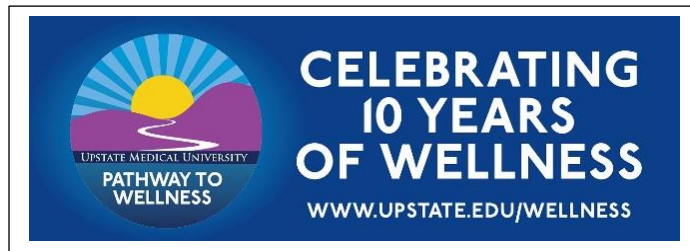


November
2022
Events



The *Pathway to Wellness* Committee invites you to wake up and be grateful 10 days in a row.

WellNYS Everyday Monthly challenge:
Plan one Positive Thing for Tomorrow.
Register at: <https://wellnys.oer.ny.gov>

Tuesday, November 1st, 12 noon-12:20

All You Need to Know About Vaping (electronic cigarettes)

15-minute presentation followed by 5 minutes of questions, will record.

Come join Theresa Hankin, RRT, NCTTS, and find out everything you need to know about vaping. Join us at: <https://upstate.webex.com/meet/brisks>

Tuesdays, 11:00 to 11:15pm; Nov. 1st, (break), 15, 22 and 29

Mindfulness Meditation on Tuesdays

Annemarie Cristino, LCSW, CEAP, coordinator of Upstates' 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/cristinA>.

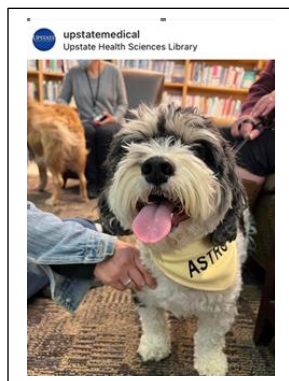
Wednesday, November 2nd, 12 noon to 12:30 pm

Do More of What Makes You Happy: How to Incorporate One Positive Thing into your Day."

The WellNYS Everyday Monthly Challenge for November is to "Plan one positive thing for tomorrow." Did you know that spending just five minutes a day practicing positivity can help boost your mood, build resilience, experience more joy, increase motivation, and decrease negativity? This webinar will familiarize you with how positive emotions, engagements, relationships, meaning, and accomplishments increases happiness and enables you to flourish and thrive in life. You'll walk away with concrete tools for managing stress, experiencing more positivity, and feeling more energized, peaceful, and connected. Wednesday, November 2, 2022, 12:00 Noon – 12:30 P.M. Presented by Amy Bidwell, PhD, Professor, State University of New York at Oswego

To register for this training session, go to

<https://meetny.webex.com/meetny/k2/j.php?MTID=t6a942d5f8ac984da01c8046ab2cdaff5>



Thursday, Nov.3 rd., 11:30 to 1 pm

Therapy Thursday; Upstate Medical Health Science Library
Therapy dog visit for all to enjoy! Thank you, Pet Partners!

Thursday, November 3, 10th, and 17th 12 noon to 12:15

3 Good Things (one thing could be the doggies above!)

Carmella had a great suggestion to offer three good things, 3 weeks in a row! We will take 10 minutes to explain 3 good things and how to implement on Nov 3rd. On November 10th and 17th, the group is invited to join again to discuss, talk about your results and help others be accountable to the new habit. 3 good thing; a gratitude exercise that can improve your wellbeing, mental health, and happiness. Share your experience with your family or friends on Thanksgiving Thursday.

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

Tuesday, November 8th from 11:30 a.m. to 12:30 p.m.

Easy for You Tobacco and Nicotine treatment

Held in 7335B of Upstate University Hospital. 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.

Tuesday, November 8th, 12 noon-12:20

How You Can Quit Tobacco Use for a Day or a Lifetime

15-minute presentation followed by 5 minutes of questions, will record. Theresa Hankin, RRT, NCTTS, experienced and kind tobacco treatment specialist will share her knowledge and passion to help you quit for GASO or a Lifetime!

Come listen and decide if this is your time to quit at:

<https://upstate.webex.com/meet/brisks>

Tuesday, November 8th, 4:30 p.m. - 5:30 p.m.

Healthy Living for Your Brain and Body

This program is presented by the Alzheimer's Association of CNY and delivered via Zoom. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. Use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Registration required.

To register, go to <https://bit.ly/3e3eaAJ>

Thursday, November 10th a 10 am, 10 minutes

10 at 10 on 10th Topic: Gratitude

Join us for 10 minutes to learn the benefits of practicing Gratitude. Then join in a 6-minute gratitude meditation, Leave feeling better,

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

Thursday, November 17, 11:30-12:30pm

Great American Smokeout- Orange YOU Glad you Quit? Respiratory Staff/Cancer Center Staff/ Tobacco Taskforce staff will be at Café 750 to listen to your story of how **you quit or are planning to Quit** tobacco this November 17th. People who share their Quit Plans or their Quit story get an **Orange** and a photo opportunity.

November 14- December 31st

Holiday Challenge 2022

The Holiday Challenge is provided by [Eat Smart, Move More, Weigh Less](#) and [Eat Smart, Move More, Prevent Diabetes](#), partnership programs between NC State University and the NC Division of Public Health. The Holiday Challenge will begin on **November 14th and run through December 31st**. Now is the time to encourage **your friends and family to join the [Holiday Challenge](#)** with you because having a support system can make all the difference!. All Holiday Challenge material will be *delivered directly to your inbox when the program begins*. You will receive the following: **Weekly newsletter. Weekly challenges, Healthy recipes, Daily tips, Access to a [private Facebook group, Tools & Resources](#)**

