

February 2023 Events

Bee Kind



Take the stairs! Did you resolve to move more in 2023? This is a no fee, indoor way to get activity into your day.

**WE HAVE T-SHIRTS available! \$25 Contact: Beth Sellers
1 Medium V-neck, one 2x V-neck; 1 medium crew and one 3x crew.**



WellNYS Everyday Daily To-Do.

Explore the 8 Dimensions of Wellness

<https://oer.ny.gov/wellnys-everyday> (NEW Website)

WellNYS Everyday Monthly Webinar

Ask Yourself Eight Questions Every Day (One for each dimension)

Wednesday, February 1, 2023, 12:00 noon – 12:20 P.M



A wellness lifestyle includes practicing healthy choices within all the dimensions of well-being. Join us as we share information about each dimension and learn how they are all connected to each other. Linda Carignan-Everts; Wellness Coordinator, NYS Work-Life Services will provide a wellness challenge to engage in for the month of February. All participants who attend the webinar live will be invited to a follow-up webinar on February 28, 2023.

Go to <https://meetny.webex.com/meetny/k2/j.php?MTID=t7c807e76c7dcff8ae01ceaab6f65d2d0>



or use this QR code

Check It! Challenge, American Heart Association Feb, March, April, May

Everyone interested in tracking their blood pressure and receiving educational emails/links on blood pressure may contact brisks@upstate.edu. The **Check It! Challenge** is an evidence-based wellness and blood pressure management program. This program focuses on improving health by making simple changes to prevent and manage high blood pressure and over the next 4 months.

Wellness Hotline opens Feb 1st. Anyone with an Upstate ID may call if you need wellness resources call 4-KARE. Confidential Hotline.

Dog Therapy, 1st and 3rd Thursdays of the Month

11:30 – 1 pm, Upstate Health Science Library

The library will be hosting therapy dogs from Pet Partners of CNY *twice* a month during spring semester; 11:30am to 1:00pm on the 1st and 3rd Thursdays of each month:

Feb. 2; Feb. 16: March 2; March 16 April 6; April 20 May 4

Laughter Yoga

Friday, February 3 at 10 am for 15 minutes

BEE Kind to yourself and find how Laughter Yoga can help you manage stress.

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

Commensality. (Eating, talking, sharing, online)

Monday, February 6, 12 noon- 12:20

February is Heart month, Bee Kind month. Let's just talk! Love to see you.

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

BEE Kind



10 Minutes @ 10 am on the 10th:

Topic: “Beans, Greens, Bands and Books...the remedy to FOGO. (Fear of growing old)”.

Friday, February 10, at 10 am, 10 minutes

Robert Corona DO, MBA is the Chief Executive Officer of Upstate University Hospital.

Pathway to Wellness is excited to hear him speak on what he **DOES** for wellness. **Join**

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



BEE KIND

Mindful Tuesday

Tuesdays, 11:00 to 11:15 am.

Annemarie Cristino, LCSW, CEAP, Upstate Employee Assistance Program Coordinator, 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>.

Easy For You is Feb 14 Tobacco Cessation

11:30 to 12:30 pm

Easy for You, Upstate's tobacco treatment program, will be held in room 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.

Standing ABS

Feb 14, 2 pm 10 minutes

Move more in 2023. Join us for 10 minutes of abs! As always, speak to a physician before starting any exercise routine. **Join us at:** <https://upstate.webex.com/meet/brisks>



Mindful Leader Cultivating Compassion Meditation

Thursday, Feb 16th 12 noon, 10 minutes

Join Suzanne to practice Cultivating Compassion. Take time to be aware of how you are feeling in the moment. **Join us at:** <https://upstate.webex.com/meet/brisks>

Orientation to Wellness at Upstate

Tuesday, February 21, 12 to 12:20PM

Do you know what SUNY PERKS is? How about the Perks Online Academy? WellNYS Everyday? Where to find self-care ideas? Let me show you the wellness benefits many people do not know about. What? There is a gym on campus?

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

Check It! Community Conversation – How to Manage Blood Pressure

Wednesday, February 22nd from 12:00 PM – 1:00 PM

Presented By: Baxter and Kinney Drugs Foundation

Keeping your blood pressure within acceptable ranges can keep you healthier longer. Levels less than 120/80 mm Hg are optimal. High blood pressure is defined as 130-139 mm Hg systolic pressure (the top number in a reading) or 80-89 mm Hg diastolic pressure (bottom number). Join this session to learn more about how to manage your blood pressure.

REGISTER HERE: <https://events.bizzabo.com/436296/agenda/session/1040133>

Registration is required for all participants. Questions may be submitted in advance to CheckItNY@heart.org. Only general questions will be taken; personal health questions should be directed to a medical provider.

10 minutes of Humor

Monday, February 27 at 10 am.

Laughter is great for your heart! **Join us at:** <https://upstate.webex.com/meet/brisks>

Helpful Links

www.upstate.edu/wellness
www.facebook.com/UpstatePTW
www.upstate.edu/hospital/health/healthlink/smokefree.php
www.upstate.edu/health/services.php
<https://www.upstate.edu/eap/>

Wellbeing Index



Access Code: Upstate

EAP, Employee Assistance Program- AnneMarie Cristino