

March 2023 Events

BEE WELL



Do you run or walk 5K's?
When you complete a 5K,
enter your info here:
<https://oer.ny.gov/my-first-or-next-5k>

Recorded events at:

<https://www.upstate.edu/wellness/pathway/monthly-events.php>



**WellNYS
Everyday**

Build Your Plate Around Healthy Choices

Wednesday, March 1, 2023

12:00 noon – 12:20 P.M.

March is National Nutrition Month, and the Monthly Daily To-Do is to “Build your plate with healthy choices.” Discover simple ways to make every “plate” in your day a healthy one, no matter your work environment. The speaker, Alison Durand, RDN, CDN, LDN; will provide a wellness challenge to engage in for the month of March or attendees may choose their own challenge. All participants who attend the webinar live will be invited to a follow-up webinar on Friday, March 31, 2023. To register go to: <https://meetny.webex.com/weblink/register/rc9e20cee167bd7176f58abcf18d5ec1e>

BEE WELL



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:

March 2; March 16 April 6; April 20 May 4

March 2023 is National Nutrition Month.

At the Downtown Café from 11:00 am to 1:00 pm March 8th, 15th, 22nd and 29th and at the Community Café from 11:30 am to 1:00 pm on the 15th, 22nd, and 29th meet with our Dietitians, get your nutrition questions answered. **March 8th is Registered Dietitian/Nutritionist Day. Thank you to all our RDs!**

Laughter Yoga



Friday, March 3 at 10 am for 15 minutes

BEE Well to yourself and find how laughter yoga can help you manage stress.

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

Stretching, Flexibility and the Brain! How Stretching Really Works

Tuesday, March 7, 12- 12:20 pm. Institute of Human Anatomy-

What happens in the muscles and neurons when we stretch? How to stretch to improve your flexibility. *This video does show cadavers.* Join us at: <https://upstate.webex.com/meet/brisks>

Or on your own at: <https://www.youtube.com/watch?v=zEOkI3xkF4U>



10 at 10 on the 10th, Your Kidneys and Wellbeing with Dr. Michael

Lioudis, Department of Medicine, Nephrology

Bee Well

Friday, March 10 at 10 am for 10 minutes

Let's talk about your health, healthy behaviors and what your kidney health has to do with being well. Join us at: <https://upstate.webex.com/meet/brisks>

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>.

Wellness resource hotline launched

The wellness hotline is available 24/7. The 4-KARE line provides callers with resources to support medical, physical, emotional, safety, and spiritual wellbeing. Everyone with a valid Upstate ID is welcome to take advantage of this resource. No identifying information is collected, and calls are completely confidential. Call 315-464-5273 or 315-464-KARE

5-minute Seated Abs

Monday, March 13, 2 pm

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

Or on your own at: <https://www.youtube.com/watch?v=JDhngAPtXzY>

Mindful Leader Micro Meditation; 3-minute breath awareness

Tuesday, March 14, 10am–10:05

Becoming mindful does take practice. Take 3 minutes and implement a micro meditation. Join us at: <https://upstate.webex.com/meet/brisks>

3-minute Arms Tone plus a 3-minute Arm Stretch

Thursday, March 16, 2 pm

Take a mini break and tone your arms and stay for a 3-minute stretch.

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

On your own: <https://www.youtube.com/watch?v=ayKumQ2yuxw>

Mindful Eating Practice

Friday, March 17 12 noon- 12:10

March is nutrition month and a great time to think about mindful eating. Have a snack or meal as we talk about mindful eating.

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

10 minutes of Humor

Monday, March 20th at 10 am.

Great way to start the week! Laughter is good medicine. **Join us at:**

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

AHA (American Heart Association) Check It! Community Conversation – How to Eat Better & Manage Health

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

Building an overall healthy eating pattern that includes whole foods, lots of fruits and vegetables, lean protein, nuts, seeds, and cooking in oils such as olive can help maintain overall health. Join this session to learn more about how to eat better and how diet can impact your blood sugar and cholesterol numbers.

REGISTER HERE <https://events.bizzabo.com/436296/agenda/session/1040140>

Registration is required for all participants. Questions may be submitted in advance to **CheckItNY@heart.org**.

Scavenger Hunt for more:

Gut Health and Exercise Motivation- https://www.nia.nih.gov/news/gut-microbes-may-affect-motivation-exercise?utm_source=nia-eblast&utm_medium=email&utm_campaign=news-20230209

How to make bone broth. Ingredient lists included

https://edu.perksatwork.com/course/leadership-in-practice/?class_uuid=34642bd4-9c30-11ed-a3df-02461ec02d07&usource=top_10



Upstate is a Bee Campus USA. Here is an idea Penn State Cooperative Extension-course on keeping bees \$5. <https://web.cvent.com/event/2b3a8ec4-8856-466e-9312-ba9b56952710/summary>

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