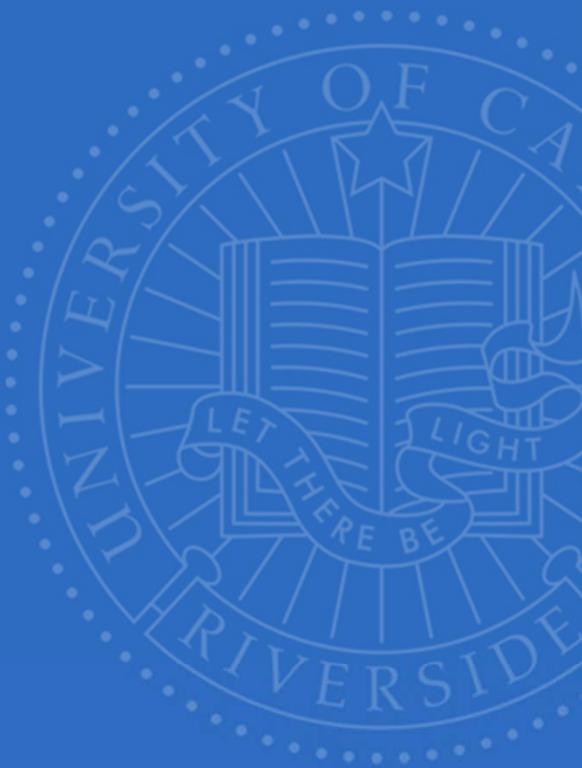


UCR



Faculty and Staff Wellness Program

Presented by:

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UNIVERSITY OF CALIFORNIA, RIVERSIDE

Wellness



It is a lifestyle; a way of living that encourages good physical and mental health.

It is a balanced lifestyle that includes an emphasis on the body, mind and spirit.

UCR Wellness Program for Faculty and Staff

Vision and Mission

- › **Vision** - To have a campus community engaged in personal wellness and a vibrant, healthy, balanced lifestyle.
- › **Mission** - To provide integrated programs and resources that promotes quality of life and fosters a culture of health and wellness

Wellness Programs and Services for Faculty and Staff

www.wellness.ucr.edu

- › Behavior Change Programs
- › Educational Sessions
- › Wellness Workshop Series
- › Wellness Information and Resources
- › Health Assessment
- › Health Screenings
- › Wellness Consultations

Current Wellness Programs



WalkingFit



MobileFit



Alive

Upcoming Wellness Programs

- › **Know Your Numbers Health Screening**
 - › Tuesday, September 27
 - › 10 am – 2 pm
 - › HUB 355

- › **Weigh Well Program**
 - › Oct 5th – Dec 14th (Wednesdays from 12 noon – 1 pm) in HUB 355
 - › 10 week program focused on healthy weight, nutrition and physical activity

- › **Food Day – Take the Pledge to Eat Real**
 - › Monday, October 24
 - › 12 noon – 1 pm in HUB 268 “Meat Alternatives/Sustainability”
 - › Healthy Canned Food Drive
 - › Educational/Awareness activities
 - › Vegan/Vegetarian options on campus



Upcoming Wellness Programs

- › **Breast Cancer Prevention Awareness Month**
 - › Think Pink campaign
 - › Various activities planned throughout the month

- › **Great American SmokeOut and Tobacco Cessation Week**
 - › November 17, 2011
 - › Resources
 - › Quit Kits
 - › Quit Contracts



More Information on Wellness



wellness.ucr.edu



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Questions?

