

# Wellness at a Glance: May 2022



## **Blocking Burnout on Wednesday, May 4 (Webinar)**

Burnout has become more than a buzzword, for many it's an exhausting part of their "new normal." Join New Directions, 12 p.m., to explore strategies to block burnout! Learn how to detect burnout triggers and discover ways to regain enthusiasm at work and at home by becoming more conscious of your needs and motivators. This wellness program counts toward 2022 Wellness Rewards. [Registration is open.](#)



## **Vegetable Gardening for Beginners on Thursday, May 5 (Webinar)**

Have you always wanted a vegetable garden but don't know how or where to start? Join URI Master Gardeners, 12 p.m., to get the basics on how to begin - from site selection, size, and soil preparation to watering and weed control. Learn about summer maintenance and fertilization as well as what is needed for winter preparation. You'll be enjoying your own garden-fresh veggies in no time! This wellness program counts toward 2022 Wellness Rewards. [Registration is open.](#)



## **Healthy Aging- What Life in the "Blue Zones" Tells Us About Longevity on Tuesday, May 10 (Webinar)**

Blue zones are specific regions around the world where people live the longest, often into their ninth and tenth decades. What do people in these locations have in common? Join Jennifer Zartarian, 12 p.m., to discuss the inspiring lifestyle and dietary habits that have been found to be associated with longevity across these communities. This wellness program counts toward 2022 Wellness Rewards. [Registration is open.](#)



## **Vegetarian Value on Thursday, May 12 (Webinar)**

The research on the benefits of a plant-based diet is plentiful, but a vegetarian diet must be balanced in order to reap the benefits. Join Wellness Workdays, 12:30 p.m., to learn how to create a balanced, vegetarian or vegan diet and discover which supplements (if any!) are necessary to maintain good health. This wellness program counts toward 2022 Wellness Rewards. [Registration is open.](#)



## **HIIT [High Intensity Interval Training] on Tuesday, May 17 (Webinar)**

Looking to change up your cardio routine? Join us for HIIT, a challenging combination of high intensity interval training with periods of rest. This class will keep your heart rate up and help you burn more calories in less time. Modifications will be available for all fitness levels. The class is equipment free! This fitness webinar begins at 1 p.m. and counts toward 2022 Wellness Rewards. [Registration is open.](#)



## **Quarterly Market Update on Wednesday, May 18 (Webinar)**

Join Fidelity on May 18 at noon to learn strategies and tips to help you manage your financial future with confidence. During this educational webinar, participants will get the latest update on the markets, including U.S. Equity, International Equity, and Fixed Income markets. Macro- and micro-economic updates will also be discussed. This financial program counts toward 2022 Wellness Rewards. [Registration is open.](#)



### **Stop the Bleed on Thursday, May 19 (Webinar)**

Stop the Bleed is a national awareness campaign and call-to-action. Join Brown's Department of Public Safety, 12 p.m., for Stop the Bleed, a program intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. A life threatening bleed can take someone's life within minutes. Learn basic bleeding control techniques and be empowered to save a life until first responders arrive. This wellness program counts toward 2022 Wellness Rewards. [Registration is open.](#)



### **Thriving with Nature on Tuesday, May 24 (Webinar)**

Join Blue Cross Blue Shield Rhode Island to discover how spending time in nature can reduce feelings of anger, fear and stress. Nature doesn't just make us feel better; it can improve our physical and mental health. This wellness webinar begins at 12 p.m. and counts toward 2022 Wellness Rewards. [Registration is open.](#)



### **Cook This, Not That on Wednesday, May 25 (Webinar)**

Cooking at home can be a fun, budget-friendly and delicious way to nourish your body and connect with family. But do your home-cooked meals need a nutrition makeover? Join Wellness Workdays, 12 p.m., to learn how to choose a healthy recipe, make ingredient swaps, and turn your favorite meals into the healthiest version they can be. This wellness webinar counts toward 2022 Wellness Rewards. [Registration is open.](#)



### **Special Announcements:**

#### **May Promoted Healthy Habit Challenge**

The ***Be Kind Challenge*** happens May 9-15 [in the portal](#). Did you perform an act of kindness today? Remember, successfully participating in the challenge for 5 of the 7 days is worth \$10 toward 2022 Wellness Rewards (maximum \$50 per calendar year for this task).

#### **FINISH STRONG: Pacific Crest Trail**

Are you participating in the Destination Challenge: Pacific Crest Trail? The challenge end date is fast approaching; so get out there and get walking! [Learn More.](#)  
Challenge End Date: Sunday, May 1, 2022

## Wellness Rewards: Program Key

Participating in Wellness Rewards and not sure if your program counts as a wellness program, a financial program, or a fitness program? The key below will tell you. Just look to see which symbol is next to the program you are attending.



Financial Program



Wellness Program



Fitness Program

Please remember participation files are uploaded once a month. It may take up to five weeks for a program to populate on the portal.