

## Wellness at a Glance: September 2022



### **Challenge of Being a Working Parent and a Professional on Wednesday, September 7 (Webinar)**

Join New Directions for this worthwhile session that explores what it means to be both a working parent and professional. There are unique challenges related to raising children, being effective parents and at the same time meeting career demands. How do we determine the right work/life balance for ourselves and our families? This session will explore the dual role of working parents (parent and professional) be it married parents, parents with live-in partners, single parents, blended or multigenerational families, etc. The wellness webinar begins at 12 p.m. and counts toward 2022 Wellness Rewards. [Registration is open.](#)



### **The Power of Protein on Tuesday, September 13 (Webinar)**

The fear of 'not getting enough protein' is a common concern, but do you know how much your body really needs? Before spending money on protein supplements, join Wellness Workdays to learn what the protein recommendations really are and how you can meet your needs through real foods. This wellness webinar begins at 12 p.m. and counts toward 2022 Wellness Rewards. [Registration is open.](#)



### **Breath & Bliss Yoga on Wednesday, September 14 (Webinar)**

Breath & Bliss is a treasure chest of relaxation practices to breathe in and bliss out. Using myofascial release (ball rolling) and breath practices, you'll learn tricks to increase your body awareness, mind-body connectivity, and relaxation response. Join Jessie Dwiggin to learn to shift your nervous system from fight or flight to rest, digest, and recover. When you're blissed out, sore muscles rebound faster, sleep improves, and stressors feel easy-breezy. You'll glide out of class with the gifts of stress relief. This fitness webinar begins at 12 p.m. and counts toward 2022 Wellness Rewards. [Registration is open.](#)



### **Healthy Meal Planning and Cooking for Families on Thursday, September 15 (Webinar)**

With our busy schedules, it can be difficult to get organized for cooking at home during the week for the whole family. This class focuses on short cuts to make planning and executing meals easier for everyone. Join Jennifer Zartarian to learn how to build meal plans that the family will enjoy. We'll cover everything from grocery shopping to recipes to meal planning apps to help you get through the week deliciously and nutritiously. This wellness webinar begins at 1 p.m. and counts toward 2022 Wellness Rewards. [Registration is open.](#)



### **Savi and Student Loan Forgiveness Workshop on Tuesday, September 20 (Webinar)**

The path to reducing your monthly student loan payment and working toward loan forgiveness could be getting much easier. That's because you have access to a robust solution that helps find the best federal repayment and forgiveness programs for your financial situation. And yes, the average student debt savings is \$1,800 per year. Brought to you through TIAA and Savi, this tool not only helps strengthen your financial footing in the short-term, it also positions you for student loan forgiveness. It can reduce your payment based on your income and family size, free up funds that you can direct towards other financial goals, and remove the complexities of forgiveness and put the process on auto-pilot for a small fee. Attend a 30-minute webinar on September 20 at 12:00 p.m. and you'll see how easy it is to use Savi, how it works to reduce your monthly payment, and how to get started. This financial program counts toward 2022 Wellness Rewards. [Registration is open.](#)



### **Experience Mindfulness through Movement on Tuesday, September 20 (Webinar)**

Join The Mindfulness Center for Mindfulness through Movement, a session that combines the practices of mindfulness with movement to develop awareness of how our bodies feel and respond while allowing the mind to focus, engage, and be present. The breath supports the movements and we become more connected, more embodied. This cultivates emotional regulation, decreases the perception of stress and anxiety, and increases one's overall wellness. This fitness webinar begins at 12:30 p.m. and counts toward 2022 Wellness Rewards. [Registration is open.](#)



### **Understanding Credit on Wednesday, September 21 (Webinar)**

Join Rhode Island Student Loan Authority (RISLA) on September 21 at 12 p.m. for a webinar that will provide an overview of credit from both a lender and borrower's perspective. The session will cover key credit-related topics such as types of loans, interest rates, credit reports, credit scores, and helpful tips about credit. This financial program counts toward 2022 Wellness Rewards. [Registration is open.](#)



### **Rhode Island's 529 College Savings Program, CollegeBound Saver on Thursday, September 22 (Webinar)**

When it comes to paying for education, it's never too early or too late to start saving; it's most important to have a plan in place. CollegeBound Saver, Rhode Island's 529 Plan, can help you save for educational related expenses. You can save for a child, grandchild, loved one, or even yourself. These savings can be used at eligible colleges, universities, and trade schools worldwide for tuition and other qualified school-related expenses. If you're interested in learning more, join this webinar on September 22 at 12 p.m. This financial program counts toward 2022 Wellness Rewards. [Registration is open.](#)



### **Ergonomics on Tuesday, September 27 (Webinar)**

Your workspace set-up is important whether you are working on-campus or at home. Stephanie Santucci, Assistant Director of Occupational Health & Safety is back again, September 27, to share helpful tips and tricks for improving office ergonomics wherever you are working. This wellness webinar begins at 12 p.m. and counts toward 2022 Wellness Rewards. [Registration is open.](#)



### **Caregiver Stress and Burnout on Wednesday, September 28 (Webinar)**

A caregiver is someone who provides care for a person who needs extra help with medical or personal needs. It is typically someone with a chronic illness, disabling condition, or is an older adult who cannot care for themselves. About 40% of caretakers felt emotionally stressed; 20% said caregiving caused financial problems, and 20% felt physically strained. As a caregiver it's easy to feel stuck in a role you didn't expect, or helpless to change things. You may not be able to get extra time, money, or physical assistance; but you CAN get more happiness and hope. Join Blue Cross Blue Shield to learn the signs of burnout and to learn ways to find help. This wellness webinar begins at 12 p.m. and counts toward 2022 Wellness Rewards. [Registration is open.](#)



### Special Announcements:

#### September Promoted Healthy Habit Challenge

Participating in 2022 Wellness Rewards? The **Smart Eating Challenge** happens September 12-18 [in the portal](#). Did you choose the right portions for your body's needs 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).

#### Destination Challenge: World at Play

The next Destination Challenge is almost here! Registration opens on Friday, August 26 for the **World at Play** steps challenge! This is an important time of year to prioritize our fitness and overall wellbeing by adding steps to our daily routines, and, if you've not yet earned \$50 for a Destination Challenge in 2022, this is a great opportunity to increase your Wellness Rewards! Challenge start date is September 5. Learn more [here](#).

### 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.