Faculty and Staff Wellness Program

Presented by:
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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?