



## 2025 Winter/Spring Faculty & Staff Wellness Calendar

### February Simply Wellness Programs

**Wellness Wednesday:** [Know Your Health Numbers](#) (click to register)

**Date:** 2/12 **Time:** 12:00 pm – 12:30 pm **(200 points)**

Blood Pressure, BMI, Cholesterol, Blood Sugar . . .What do all these numbers mean? Don't get lost in medical jargon - learn about various health metrics and the recommended ranges for each.

**Special Webinar:** [Healthy Screen Time for You and Your Kids](#) (click to register)

**Date:** 2/20 **Time:** 12:00 pm – 12:30 pm **(100 points)**

We know a lot of our lives take place online. Learn to make the most of it while also setting healthy screen limits for the adults, kids and teens in your family. Learn tips for communicating safely and setting boundaries IRL (in real life) and online.

**Mindful Monday:** [Tapping Technique for Stress Relief](#) (click to register)

**Date:** 2/24 **Time:** 12:30 pm – 12:45 pm **(100 points)**

Learn the quick and effective technique of tapping on specific acupoints to reduce stress and alleviate anxiety. This session will leave you feeling refreshed and empowered, perfect for a workplace break.

### March Simply Wellness Programs

**Wellness Wednesday:** [Mealtime Tips for Families](#) (click to register)

**Date:** 3/12 **Time:** 12:00 pm – 12:30 pm **(200 points)**

Soccer practice at 5, PTA meeting at 7, science project due tomorrow . . . sound familiar? It's easy to get into the habit of grabbing fast food on the run, but we all know that can be unhealthy. Get manageable steps for getting your family to eat healthy meals together again, at least some of the time!

**Special Webinar:** [Goal Setting, Habits & Consistency](#) (click to register)

**Date:** 3/18 **Time:** 1pm – 1:30 pm **(100 points)**

Achieve your wellbeing goals and build habits that last! In this interactive session, learn strategies to create and sustain habits that align with your core values and make a positive difference in your life.

**Mindful Monday:** [Mindful Eating Meditation](#) (click to register)

**Date:** 3/24 **Time:** 12:30 pm – 12:45 pm **(100 points)**

Enhance your awareness of eating habits with a guided meditation that helps you savor each bite and make healthier food choices. This session will leave you feeling more connected to your body and mindful of your meals.