

MORE HEALTHY YOU PROGRAMS... CONTINUE THE JOURNEY

Take advantage of the following programs on the road to health.

Visit www.harvardpilgrim.org/wellesleycollege or <http://new.wellesley.edu/hr/benefits/healthyyou> for helpful tools and information.

Most programs that are listed below are also detailed at www.wellesley.edu/hr/events. RSVP for these events from this site and the event will automatically be added to your personal calendar. You can also contact Human Resources at x3202 to sign up for one of the programs.

Mind the Moment: Exploring the Practice of Mindfulness (Level One, 6 sessions)

Every Wednesday, October 7 – November 11, 12:30pm - 1:30pm, Founders 126

Our flagship multi-week course offers close study in a variety of mindfulness-based topics, including basic practices like the body scan and sitting meditation, as well as walking meditation, gentle stretching, and mindful communication. This course is valuable both for newcomers and as a refresher for seasoned practitioners.

Know Your Numbers Biometric Screenings

November 10th and Spring 2016, Date, time and location TBD

These biometric screenings will include blood pressure, body mass index (BMI), and cholesterol/glucose measurements. Watch for more information.

Benefits Fair

November 10, 8:30am - 12:00pm, Alumnae Ballroom – Drop by!

Flu shots, [Biometric screenings](#), Hydration and Sports Drinks Information Table, Chair Massage, Vendors, Prizes, Posture Clinic, Breakfast & More!

The Happiness Recipe, January 19, 2016, 12:30pm - 1:30pm, Wang Center 413

Today, because of stress, time constraints, a sedentary life style and the modern day diet, we have stripped ourselves of many nutrients essential to a happy and healthy brain. This session looks at the effect of the modern diet and how you can regain your happiness.

8 Week Weight & Nutrition Program

Every Tuesday, 2/2-3/22, 12:30pm - 1:30pm, Wang Center, Cow Chair Room, Audience: All

Join us for this 8 Week Weight & Nutrition Program to learn and build upon healthy habits.

Week 1 – Welcome to Whole New U. Organic foods, nutrition for optimal health, goal setting, the truth about dieting, the 90/10 theory.

Week 2 – Trying new foods and recipes, shopping the supermarket consciously, chia.

Week 3 – Sugar and carbohydrates, cause and effect on your waistline. Salt consumption.

Week 4 – Mindless and emotional eating, primary food, self-compassion.

Week 5 – Vitamin D, magnesium and sleep matters.

Week 6 – Label reading. What really matters on an ingredient label.

Week 7 – Exercise and fitness, healthy snacks.

Week 8 – Program review and wrap-up.

Nutrition Myths

February 17, 2016 12:30pm - 1:30pm, Library Lecture Room

Does Vitamin C prevent colds? Do grapefruit and vinegar really burn fat? Is red meat really bad for the heart? We'll dispel common nutrition myths and get to the real nutrition truths once and for all.

Mindfulness 2.0: Deepening Practice (Level two, 6 sessions)

Every Thursday, March 3 – April 7, Sessions 1 & 6, 12:15pm - 1:30pm

Sessions 2 – 5, 12:30pm - 1:30pm, Houghton Multifaith Room

Individuals who have previously participated in the multi-week mindfulness course described above, and who are now looking to expand their understanding of the principles and practices of mindfulness even further, are a perfect fit for this course, which emphasizes practice and delving into students' questions. In Mindfulness 2.0, greater weight is placed on integrating a range of mindful practices into the fabric of daily life, and to examining how those practices can work together to provide insight into how individuals relate to the world around them. Aside from sitting meditation, movement practices, and mindful communication, material that will be covered includes the compassion practice known as loving-kindness meditation, and probing the common challenges to engaging in mindfulness that every practitioner faces, at one time or another.

Get motivated, Get moving

May 3, 2016, 12:30pm - 1:30pm, Wang Center 413

This session is for the person who wants to kick their exercise up a notch! Learn how to safely begin and stick with a routine exercise program. Avoid common pitfalls and set yourself up to be active for life.

For more information visit Harvard Pilgrim at www.harvardpilgrim.org/wellness

