**Opportunity**

- **Department Health Screening**
  This is an abbreviated version of our comprehensive health screening. This screening includes: blood pressure, pulse, total cholesterol, HDL ("good cholesterol"), Hemoglobin A1C (measures long-term blood sugar)*, body composition and a quick check in with a Registered Dietitian Nutritionist. *optional for a $10 fee.

- **Walks with Campus Leaders**
  Take a break from work to get some fresh air and exercise. Meet, talk, and walk with UA campus leaders.

- **Guided Potlucks**
  Bring your bunch together for a healthy lunch! Organize a Guided Potluck. Choose between four menus. Participants bring the food, and a Registered Dietitian Nutritionist will provide a brief presentation highlighting the health benefits of the foods provided by all.

- **Walk Across Arizona**
  Form a team and walk with faculty, appointed professionals, staff, students, friends, or family. This is a great way to promote community-building within departments, improve fitness, boost energy level and have fun!

- **Get Healthy Contest**
  Host a "get healthy" or weight loss contest. LWC can provide a variety services including on-site body composition, calculation of % weight loss, pre/post health screenings, blood pressure checks, presentations, and individual coaching.

- **Qigong Opening**
  Open your department meeting with energy cultivating stretches and qigong breathing exercise to promote creative energy and relaxation.

**Time Commitment and Requirements**

- Appointments last 15-20 minutes
- Require at least 12 and as many as 20 participants
- Requires one medium conference room in which the screening can take place
- Lab work is non-fasting, finger-stick

- Walk takes 20-30 minutes
- Schedule one date in the fall semester
- A leader in your department to lead the walk

- Presentation lasts about 10-15 minutes, lunch can be as long as you would like.
- Participants bring food items from a supplied list
- A room for the potluck to occur

- Up to 10 people per team
- Campaign lasts 6 weeks
- Departments can have more than one team

- 2 to 3 month time period
- Department chooses activities to engage in during this timeframe

- 5 to 15 minutes
- No special set-up required

- A large variety of topics are available.
- Presentation topics and lengths can be customizable.
**Important Dates to Share**

- **July 1st**  
  Child Care Voucher and Sick Child and Emergency/Back-Up Care programs open
- **Month of October**  
  Flu Shots
- **October 31**  
  State of Arizona Health Impact Program closes*
- **January 2017**  
  State of Arizona Health Impact Program opens*

**Ongoing Opportunities**

- 1st Monday of the Month  
  Wellbeing Newsletter emailed (September - November, January – April)
- 1st of every month  
  Life & Work Connections’ new healthy recipe is released
- Every Wednesday  
  Resistance Bands for Muscle Strength
- Every Tuesday-7am  
  Tai Chi

**Types of Messages**

<table>
<thead>
<tr>
<th><strong>Wellness Liaison Exclusive</strong></th>
<th><strong>Take 5!</strong></th>
<th><strong>Events and Happenings</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>These messages are just for you. They won’t be as frequent but will be important. Their purpose is to let you know about a special Wellness Liaison event or to ask for your valued opinion as the champion of wellness for your department.</td>
<td>These messages highlight current wellbeing articles written or recommended by the Life &amp; Work Connections team. Take 5 is sent out once a month. Please forward Take 5! to your colleagues.</td>
<td>These messages will be short alerts about wellbeing events and programs offered by Life &amp; Work Connections or other UA departments. Please forward Events and Happenings to your colleagues.</td>
</tr>
</tbody>
</table>

**Stay In Touch**

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* Health Impact Program is administered by the State of Arizona.