



## Wellness Information and Events

**January 2023**

**For more information go to [health.iu17.org](https://health.iu17.org)**

### Health Courses Coming Up

**01/10/2023, 5-6pm All-levels Yoga Flow.** 1-hour sequence designed to integrate pranayama (breathwork), body alignment cues, and modifications for multiple levels. No experience needed. Register here: <https://elrnr.org/Register.aspx?ScheduleID=5642>

**01/17/2023, 7-8pm Yoga Nidra**, commonly referred to as yogic sleep, is a guided meditation in a comfortable savasana pose. Nidra can be practiced by anyone. During this session, we will invite in gentle movement first before settling into a relaxing meditation. Register here: <https://elrnr.org/Register.aspx?ScheduleID=5644>

**Cooking with Carnie: Thursday 1/12, 6-7pm Meal Prep Lunches- Crunchy Thai Chicken Salad, Chicken & Veggie Stir-Fry** Register here: <https://www.elrnr.org/Register.aspx?ScheduleID=5683>

**01/30/2023, 6-7pm Experiential Mindful Meditation Class** – We do a lot of talking and doing...but what about BEING? This class will be an experiential mindfulness class that will help you tune-in to the present moment through a series of different kinds of mindful meditations. In practicing mindful meditation, we can work on shifting our relationship with many of the experiences that often take us away from the present moment (ie, from generally “being”) and generate a great deal of stress/distress. The class will have a very brief introduction to mindfulness; however, the bulk of the class will be engaging in meditation practices. Register here: <https://www.elrnr.org/Register.aspx?ScheduleID=5684>

### Health Screening

Saturday, January 14th 8:30-9:30am

To register: <https://upmchealthypartners.as.me/LCIC>

Where: BLaST IU 17, 2400 Reach Rd, Williamsport

Screenings are free for all employees and spouses!

# Calm App 30 day trial!

You will receive an email around January 18th-20th showing you how to sign up for the Calm App. The trial will start on January 23rd and run through February 21st. You will have access to Calm's premium account with features such as breathing, meditations, sleep stories, music, work life, wisdom, movement and daily features, as well as tools for building healthy habits. I am asking our employees to sign up for this premium trial to help us in gathering data of whether this would be a useful tool for you. Below are pictures of some of the features you can use.

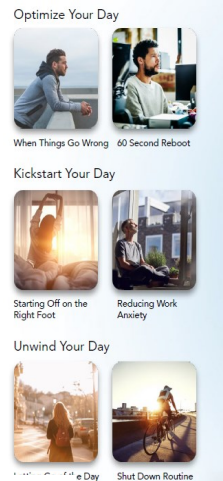
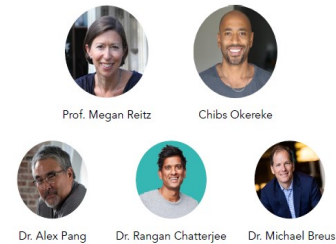
## Getting started with your Calm trial Try a Morning Release

- Start off your morning with one of our dailies - The Daily Calm, The Daily Trip, The Daily Jay, The Daily Move
- Only have a few minutes? Try out the The Daily Jay - with Jay Shetty. It's action oriented and focuses on topics such as mindset, habit formation, purpose, morning routines and more to educate and guide members at any point on their mental health journey (you can listen while brushing your teeth!)



## Getting started with your Calm trial Explore our Work Life Collection throughout the day

Narrators include:



## Getting started with your Calm trial

Re-calibrate with a movement exercise, music to focus, or a breathing break

Need an afternoon break?



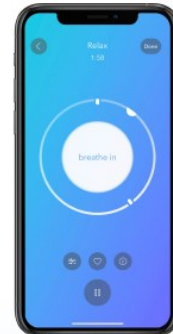
Try out **The Daily Move** for some of our quick movement content, including chair stretches and ergonomic realignment

Need to focus?



Try out our **Focus & Flow** music series to help block out distractions, find your calm, and focus on the task at hand

Back to back meetings?



Take a breather after your first couple meetings of the day with one of our **Breathe** sessions

## Getting started with your Calm trial

Test out our tools for building healthy habits

