



Wellness Information and Events

April 2023

For more information go to health.iu17.org

LCIC Health Courses Coming Up-Last 2 courses

Cooking with Carnie, April 24th, 6-7pm, Vegetarian Dinner (Zoom Class)

To register click here: <https://www.elnr.org/Register.aspx?ScheduleID=5723>

Experiential Mindful Meditation Class. May 2nd 6-7pm - Live Class at BLaST IU 17

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.

To register, click here: <https://www.elnr.org/Register.aspx?ScheduleID=5685>

Embrace Your Path Wellness

If you are in the platinum level for the Embrace Your Path Wellness program please make sure you have all your requirements met. There will be one health screening at Penn College on April 13th, there will be no more screenings for the 22-23 year. So if you didn't meet your healthy requirements at your first screening, you can come to the one at Penn college to see if you have improved. Please make sure you have met your requirements, if you have questions you may email me at cterry@iu17.org.

Sleep Challenge in Health Advocate-May 2023

Beginning on May 8th and running through June 4th, there is a sleep challenge that you can sign up for on the Health advocate website. If you complete the challenge then you will receive 40 points for the challenge. The goal of the challenge is to get 8 hours of sleep each night and you would record it in your tracker or you can sync your fitness device to health advocate to track sleep. Look for the sign up in your To-do list beginning on April 24th, flyer coming in May.



As a reminder for any school district or Penn College employee we have a 15% off any monthly membership discount with the YMCA if you wanted to join. This includes Lock Haven, Jersey Shore, Williamsport, East Lycoming, Tioga and Bradford. All you have to do is show your school ID badge to get the discount and there is no fee to join.