



Wellness Information and Events

October 2023

For more information go to health.iu17.org

Platinum Course

Join Sandra Lentz, CRNP from UPMC Magee-Womens for a discussion on women's health, including peri-menopause and menopause.

Tuesday, October 3rd, 5:30-6:30pm

Register here: <https://www.elnr.org/Register.aspx?ScheduleID=5984>

Where: BLAST IU 17, 2400 Reach Rd, Williamsport, PA

Wake up and Learn Sleep Survey

This is for all employees, and their spouses/significant others of our school districts and Penn College, regardless of insurance. The link to the Combined Sleep Questionnaire survey is below. After completing the survey, you are given *immediate feedback* as to whether their responses indicate a high or low risk for sleep problems. Those in the high-risk category will be given the opportunity to complete a more comprehensive online survey (Alliance Sleep Questionnaire, ASQ). The ASQ, which is reviewed by a program-affiliated sleep professional, allows for the identification of specific sleep pathology, and includes depression and anxiety screeners. Participants are sent a *personalized letter* outlining the finding of the ASQ and offering strategies to address the identified sleep problem(s). (This is a confidential program-no one will know the results of your surveys except the Geisinger Wake Up and Learn Team).

You will receive 75 points for participating in the sleep survey program if you are participating in the Embrace your path wellness program. The Combined Sleep questionnaire survey must be completed by October 31st.

You can either click the link or use the QR code to take the survey!

[Click here to take the sleep surveys.](#)



Lose Weight with 8 Class Starting October 2nd

Registered Dietician Rose Trevouledes

Class starting Monday, October 2nd at 5 pm, 104 South Railroad Street in Hughesville.

Classes run from 5-6 pm from October 2 to November 20th.

Cost \$200.00 cash or check. Easy to follow meal plan and lifestyle approach that gets results!

To register, please email petertrev@comcast.net



Calm App Information

We might not fully know what everyone is going through but we can support those who are going through depression by educating ourselves to reduce stigma. If you are personally experiencing depression, remember that you aren't alone. The resources below can support you on your mental health journey.

Here are some recommendations from Calm, our mental wellness partner, that you can do in a few minutes anytime, anywhere:

[Rethinking Depression Masterclass](#)

- Learn the six science-backed strategies for overcoming the toxic elements of modern living so you can start living a more vibrant and joyful life.

[Distortions](#)

- This 10-minute session on cognitive distortions will help you strengthen your relationship with yourself and challenge your negative thoughts.

[Limiting Identities](#)

- This guided meditation includes a visualization exercise that'll help you be more compassionate to the different parts of who you are and the ebb and flow of your emotions.

Join one of the [Calm App Webinars](#) to learn how to get the most out of your Calm experience and bolster your overall well-being.

Important Note: *If you require further assistance, please reach out to [Benefits contact/EAP liaison] or your doctor for the appropriate medical resources and support. You can also tap into Calm's depression resources [here](#).*

To Sign up for your Free premium subscription, scan the QR code and follow the instructions in blue.



Once you land on the webpage:

- 1 Create an account or sign in to your existing Calm account
- 2 Enter your school email in the box provided to activate the subscription on your Calm account
- 3 Download the Calm app on your mobile device and log in to your account to access Calm's premium content

