

# EMPLOYEE WELLNESS EVENT

In-service Day  
Tuesday, September 17, 2024  
9:00am – 3:00pm  
Brubaker Auditorium and various locations  
around campus



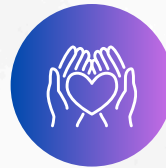
**Better  
Health  
AHEAD**

## WE CARE ABOUT YOUR HEALTH



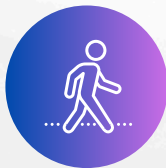
### HEALTH AWARENESS

- Healthy Measures biometric testing
- Fitness Center: getting started
- Blood pressure screening
- Bone density screening
- Derma View screening/skin cancer awareness
- Healthy Measures chair massage



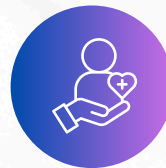
### HEALTH MANAGEMENT

- Stress Management/prevention
- Diabetes education & cooking workshop
- Healthy Measures smoothie station
- Spiritual wellness
- Everence, healthcare in retirement
- Fitness walk



### POSITIVE LIFESTYLE ACTIONS

- Fitness Center: getting started
- Basic strength testing
- Fitness walk
- Stress management/prevention
- Yoga
- Spiritual wellness
- Everence, healthcare in retirement
- Healthy Measures smoothie station



### PREVENTATIVE CARE

- Diabetes education & cooking workshop
- Basic strength testing
- Yoga
- Chair massage
- Bone density screening
- Healthy Measures biometric testing
- Derma View screening/skin cancer awareness
- Blood pressure screening

## ENTER TO WIN ONE

Apple watch (courtesy of PAISBOA)  
PREP Program 1:1 Wellness Initial Assessment  
\$100 Dick's Sporting Goods gift card  
Ninja personal blender  
Yoga mat

### PRIZE ENTRY:

- Pick up a Wellness Passport from the HR check-in table
- Visit at least one station/activity from each category listed above (4 different stations/activities required)
- Indicate attendance in your Wellness Passport
- Turn in your Passport at the HR check-in table

Please contact the Office of Human Resources and Compliance with questions:  
[humanres@messiah.edu](mailto:humanres@messiah.edu) or x5300

# SCHEDULE

## BRUBAKER AUDITORIUM

- Check-in begins at 9:00am
- Bone density screening, 9:15am-1:00pm
- Derma View screening and skin cancer awareness, 9:15am-1:00pm
- Chair massages, 9:30am-3:00pm (by appointment)
- Blood pressure screening, 9:30am-2:00pm
- Smoothie station, 10:00am-1:00pm
- Biometric testing, 10:00am-2:00pm (by appointment)
- Healthcare in retirement

## PROGRAMS

- Stress Management/Prevention Program
  - 9:15-10:15am
  - 10:30-11:30am
- Stress Management/Prevention Walk
  - 9:15-10:15am
  - 10:30-11:30am
- Fitness Center: Getting Started (registration required)
  - 9:30-10:15am
  - 1:15-2:00pm
- Spiritual Wellness Program
  - 9:30am
  - 1:30pm
- Fitness Walk
  - 10:00am
  - 1:30pm
- Diabetes Education and Cooking Workshop (registration required)
  - 10:15-11:45am
  - 1:00-2:30pm
- Basic Strength Testing (registration required)
  - 10:30-11:00am
  - 12:30-1:00pm
- Healthcare in Retirement Program
  - 11:00am
- Yoga 101 (registration required)
  - 12:00-1:00pm

Thanks in part by a grant from:



Thanks to:



Special thank you to:

SCHOOL OF GRADUATE  
AND PROFESSIONAL  
STUDIES



Sawyer

