

## Wellness Professional Development Activities Fall Inservice 2015

**Thursday, September 24, 2015**

<b>Time</b>	<b>Title</b>	<b>Description</b>	<b>Location</b>
<b>11:40 a.m.</b>	"Go the Extra Mile for our Students" Walk/Run WeCare Event	Join us for a one-mile walk/run. Benefit our students and your endurance. While the event is free, your donations will benefit the Shining Star Scholarship. Walk/Runs will be offered throughout the year to benefit a variety of departments.	Outdoors, North side of Building 5, Bark Trail

**Friday, September 25, 2015**

8:00 a.m.	"Go the Extra Mile for our Students" Walk/Run WeCare Event	Join us for a one-mile walk/run. Benefit our students and your endurance. While the event is free, your donations will benefit the Shining Star Scholarship. Walk/Runs will be offered throughout the year to benefit a variety of departments.	Outdoors, North side of Building 5, Bark Trail
10:00 – 10:50 a.m.	Giving more and Training for the "Go the Extra Mile for our Students" Walk/Run WeCare Events: 1-, 2- and/or 3-Mile Fun Walk/Runs throughout the year	Learn how to train for one to three mile walk/runs, how to move more efficiently, how to move faster and how to enjoy your training. The WeCare employee giving campaign and the Employee Wellness Program are teaming up to offer opportunities for you to get moving and give back. We are sponsoring three 1-mile walk/runs fall term and continuing with those and longer distances, up to 3 miles in the Spring.	Building 5, Room 126

1:00 – 1:50 p.m.	Ergonomic Solutions For Your Office	The goal of ergonomics is to reduce stress and eliminate injuries and disorders associated with the overuse of muscles, bad posture, and repeated tasks. Learn how to set up your work space to fit your physical capabilities, to improve your posture and to work more effectively while feeling better.	Building 5, Room 126
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