Health, Wellness and Counseling Services (HWC), a Division of Student Affairs, is excited to announce the following upcoming series of employee wellness offerings!

WALKTOBER
Join us this October for an employee walking program. Check www.boisestate.edu/healthservices/foremployees for all the exciting details.

WOMEN’S FITNESS CELEBRATION
Join Team BSU…and Shine in ’09! Check www.celebrateall.org to sign up soon for St. Luke’s Women’s Fitness Celebration 5K Run, Walk and Stroll! Registration for Team BSU continues through Friday, September 11. Once registered, print and save your St. Luke’s Women’s Fitness email confirmation for free admission to the Celebration Women’s Show. Show your race registration and you receive your race packet, breakfast, a chance to “Shop the Show,” and the experience of the best 5K in Idaho!

Volunteers needed! Guys: form your own team of volunteers. The Celebration staff really needs your help on Celebration Saturday so women can participate in the 5K. Celebrate the women in your life. Check www.celebrateall.org to sign up and match your interests, skills, and schedule. Contact: Celebration Office, 381-2221

HEALTH RISK APPRAISAL
Once again, Health, Wellness and Counseling Services has partnered with Saint Alphonsus Regional Medical Center to assess the health of Boise State University employees. This personal health profile takes only five minutes to complete.
The data collected will:
• Help identify and prioritize wellness programming for Boise State employees.
• Provide you with an opportunity to explore your own health.
Watch for more information coming on September 14.

SCREENINGS
Employee Wellness Screening
Wellness screenings can help you to identify protective and risk factors that are pertinent to your health.
Screening Offerings: Cardiac Risk Panel (12 hours of fasting required), Body Composition/Heart Rate/Blood Pressure and Chair Massage
Fee: $25 *Note: Insurance billing on your own.
Registration: www.boisestate.edu/healthservices/events
For More Information: http://www.boisestate.edu/healthservices/foremployees/screen

Screening Dates:
Friday, September 11, 7:00am-9:00am, Trueblood Room, SUB
Friday, October 9, 7:00am-9:00am, Farnsworth Room, SUB
Friday, November 13, 7:00am-9:00am, Trueblood Room, SUB
Friday, December 11, 7:00am-9:00am, Trueblood Room, SUB

Saint Alphonsus Mobile Mammogram
This on-the-job-site service allows quick and convenient access to mammography, one of the best means for early detection of breast cancer.
When: Tuesday, October 14, 9:00am-3:00pm
Where: Quad
Fee: Billed to most insurances, subject to deductible. For questions about your individual coverage, please contact your insurance provider.
Registration: Call 367-3571 for an appointment.

Optimal Health Screening at the Health Fair
This screening opportunity will bring together the best practices in integrative medicine today to inform employees and students about how to take responsibility for their healthcare. A holistic lifestyle assessment, strengths and weaknesses assessment and referrals to a variety of wellness programming will also be available. Employees and students will find the information and activities stimulating and provide pragmatic steps to improving their health.
When: Wednesday, November 18, 10:00am-3:00pm
Where: Jordan Ballroom, SUB
Fee: None
Registration: Drop-in, no registration necessary.
For More Information: Karla West, kwest@boisestate.edu or Counseling Services, 426-1601
EMPLOYEE PROJECT PHIT
Come spend your lunch with Project PHIT! The Personal Health Intervention Team (PHIT) believes the keys to improving and maintaining health are choosing nutritious foods and engaging in regular physical activity. By participating in this ten week program, employees are empowered to improve their quality of life by increasing and maintaining healthy eating habits and physical activity. All Boise State employees are welcome to join. Sessions are held on campus, during lunch hours and will incorporate the use of pedometers, group physical activity participation, weekly educational sessions and web-based support.
Instructor: Jennifer Summers, BS-Food and Nutrition
When: Mondays and Wednesdays, October 5 - December 16, Noon - 12:50pm
Where: Kinesiology Bldg
Fee: $15
Registration: Email jennsummers@boisestate.edu. A Project PHIT Health Form will be sent to the individual to be completed, returned and verified to meet inclusion criteria. Only eligible individuals will be allowed to register into the program.
Registration Criteria: 1. Apparently healthy and able to participate in physical activity 2. At least 18 years of age 3. Not pregnant or lactating 4. Able to attend 80% of the sessions 5. Have a BMI higher than 24.9.
*The registration criteria must be met since Project PHIT is a thesis project (pending IRB approval). Space is limited.

EMPLOYEE WALKING RALLY
The Walking Rally is a competition that emphasizes physical activity, teamwork and fun. Create a team with your fellow employees (teams can be 3-5 people). Teams will be given a list of clues of locations around the Boise State University campus. Each team must have a digital camera to take pictures of the locations on the list. Team members will also be given a pedometer to record the number of steps taken during the rally. The team to find the most locations within the hour wins a prize. The individual with the most steps during the rally also will win a prize!
When: Wednesday, September 23, 12:00pm-1:00pm  
Tuesday, October 13, 12:00pm-1:00pm
Where: Health & Wellness Center
Fee: None
Registration: www.boisestate.edu/healthservices/events

WORKSHOPS/CLASSES/EVENTS

Meditation Group
The regular practice of meditation has been shown to enhance every aspect of living emotionally, physically and spiritually. This meditation group will provide a brief introduction to the practice each week, followed by a meditation session. Students, faculty and staff are invited to participate and enjoy the benefits of a regular meditation practice.
Instructor: John Colvin, BS-Psychology
When: Tuesdays and Thursdays, 12:30pm-1:00pm (excluding major holidays and university closings)
Where: Please check the SUB kiosk the day of for room location.
Fee: None
Registration: Drop-in, no registration necessary.

Nutrition Q&A
Drop in nutritional advice is available by qualified staff. This is a great opportunity for you to ask questions, and learn more about healthy eating.
When: Wednesdays, 4:30pm-5:30pm (excluding major holidays and university closings)
Where: Student Recreation Center
Fee: None
Registration: Drop-in, no registration necessary.

Integrative Approach to Women’s Health
This presentation will address common health concerns for women, health screening and general health habits. Additionally, there will be a brief review from an integrative medicine perspective of preferred natural ways to prevent and treat common concerns in women’s health through the life span including PMS, diet, sleep, stress, perimenopause, osteoporosis and more.
Instructor: Sandra Hellman, CNP, MPH, Fellow in Integrative Medicine University of Arizona
When: Tuesday, September 15, 12:00pm-1:00pm
Where: Brink Room, SUB
Fee: None
Registration: www.boisestate.edu/healthservices/events

Freedom from Smoking
Want to quit smoking? Freedom from Smoking, researched and developed by the American Lung Association, is the gold standard for smoking cessation programs. Learn valuable tools about how to quit, receive information about Nicotine Replacement Therapy and other quitting aids and get the support needed to quit smoking once and for all.

Instructor: Christina Berg, MPH
When: Tuesdays, September 15-October 20, 4:30pm-6:00pm
Where: Alexander Room, SUB
Fee: None
Registration: www.boisestate.edu/healthservices/events

Grocery Store Savvy Tour
Have you ever wished someone could take you grocery shopping and show you how to spend your money to create a healthy diet? Your wish has come true! Sign up now for tours offered by Health, Wellness and Counseling Services and WinCo Grocery Stores. Come learn about smart grocery shopping on a tight budget.
Instructor: Jennifer Summers, BS-Food and Nutrition
When: Tuesday, September 22, 7:00pm-8:00pm
Where: WinCo, 110 East Myrtle Street, Boise
Fee: None
Registration: www.boisestate.edu/healthservices/events

Get Out of Your Head and Into Your Life: Mindfulness for Managing Stress
This workshop series offers practical guidance for coping with college and life. Our minds can be useful tools or instruments of torment, sometimes provoking intense stress and anxiety. Mindfulness, or concentrated awareness of one’s thoughts and actions, has been clinically shown to be effective for the management of stress, among other physical and mental benefits. If you are ready to learn effective ways for managing stress, quieting the mind, enhancing productivity and transforming feelings, then this workshop is for you.
Instructor: Carol Pangburn, PhD
When: Wednesdays, September 30-October 21, 4:00pm-5:00pm
Where: Ah Fong Room, SUB
Fee: $15 for 4 week series
Registration: www.boisestate.edu/healthservices/events

Training & Development Presentation – Vitamin D-The Sunshine Vitamin
While scientists have known for decades that Vitamin D deficiency leads to bone diseases like rickets, more recently they have found connections between low Vitamin D levels and a wide range of other illnesses, including cancer, autoimmune disorders and cardiovascular disorders. They are also finding Vitamin D deficiency is common, even in sunny places. This is an opportunity to learn what a Vitamin D deficiency is, who is at risk and some prevention strategies.
Instructor: Sandra Hellman, CNP, MPH, Fellow in Integrative Medicine University of Arizona
When: Wednesday, October 7, 11:00am-Noon
Where: SMITC 210
Fee: None
Staff Registration: Log onto http://cedar.boisestate.edu/hrs/workshops/
Student Registration: E-mail hrtrainingdevelopment@boisestate.edu

Breastival
1 in 8 women will be diagnosed with breast cancer. Come to the Breastival to learn more about breast cancer, prevention, early detection and treatment. Get valuable information and win prizes.
When: Wednesday, October 14, 9:00am-3:00pm
Where: Quad
Fee: None

Freedom from Smoking
Want to quit smoking? Freedom from Smoking, researched and developed by the American Lung Association, is the gold standard for smoking cessation programs. Learn valuable tools about how to quit, receive information about Nicotine Replacement Therapy and other quitting aids and get the support needed to quit smoking once and for all.
Instructor: Jodi Brawley, MS, CHES
When: Wednesdays, October 14-November 18, 4:30pm-6:00pm
Where: Alexander Room, SUB
Fee: None
Registration: www.boisestate.edu/healthservices/events
This workshop series offers practical guidance for coping with college and life. Our minds can be useful tools or instruments of torment, sometimes provoking intense stress and anxiety. Mindfulness, or concentrated awareness of one’s thoughts and actions, has been clinically shown to be effective for the management of stress, among other physical and mental benefits. If you are ready to learn effective ways for managing stress, quieting the mind, enhancing productivity and transforming feelings, then this workshop is for you.

Instructors: Christina Berg, MPH and Natalie Griffin, BS
When: Tuesdays, October 27-November 17, 5:00pm-6:00pm
Where: Ah Fong Room, SUB
Fee: $15 for 4 week series
Registration: [www.boisestate.edu/healthservices/events](http://www.boisestate.edu/healthservices/events)

**Unleash Your Inner Chef – Crockpot Cooking**

This installment of Unleash Your Inner Chef will have you “slowing down”. Crockpot’s are a great way to make a hearty, healthy meal during a busy work week. Come learn great recipes and sample delicious slow-cooked meals. Crockpot’s are approved for use in the residence halls.

Instructor: Jennifer Summers, BS-Food and Nutrition
When: Wednesday, October 28, 6:00pm-7:30pm
Where: Lookout Room, SUB
Fee: None
Registration: [www.boisestate.edu/healthservices/events](http://www.boisestate.edu/healthservices/events)

**Grocery Store Savvy Tour**

Have you ever wished someone could take you grocery shopping and show you how to spend your money to create a healthy diet? Your wish has come true! Sign up now for tours offered by University Health Services and WinCo Grocery Stores. Come learn about smart grocery shopping on a tight budget.

Instructor: Jennifer Summers, BS-Food and Nutrition
When: Tuesday, November 17, 7:00pm-8:00pm
Where: WinCo, 110 East Myrtle Street, Boise
Fee: None
Registration: [www.boisestate.edu/healthservices/events](http://www.boisestate.edu/healthservices/events)

**Training & Development Presentation – Presenteeism: Being Productive at Work While Managing Health Issues**

Presenteeism is the measurable extent to which health symptoms, conditions and diseases adversely affect the work productivity of individuals. Come learn more about presenteeism, its affect on productivity and how to manage your health issues while maintaining good working conditions.

Instructor: Jodi Brawley, MS, CHES
When: Wednesday, November 18, 11:00am-Noon
Where: SMITC 210
Fee: None
Staff Registration: Log onto [http://cedar.boisestate.edu/hrs/workshops/](http://cedar.boisestate.edu/hrs/workshops/)
Student Registration: E-mail hrtrainingdevelopment@boisestate.edu

**Boise State Health Fair**

Health information, screenings, demonstrations, prize drawings and more!
When: Wednesday, November 18, 10:00am-3:00pm
Where: Jordan Ballroom, SUB
Fee: None
Registration: Drop-in, no registration necessary.

**Training & Development Presentation – A Diet for Optimum Health**

The food choices we make play a major role in how we feel and age. Here is your opportunity to learn how to create an optimum diet, according to an integrative medicine perspective. Discover ways to maximize your longevity, increase your resistance to disease and help yourself feel more energized through the power of healthy eating decisions.

Instructor: Sandra Hellman, CNP, MPH, Fellow in Integrative Medicine University of Arizona
When: Wednesday, December 2, 11:00am-Noon
Where: SMITC 210
Fee: None
Staff Registration: Log onto [http://cedar.boisestate.edu/hrs/workshops/](http://cedar.boisestate.edu/hrs/workshops/)
Student Registration: E-mail hrtrainingdevelopment@boisestate.edu

**WELLNESS SERVICES**
State Wellness Program
The State of Idaho's Wellness Program offers state employees, retirees and dependents options to better manage and improve their health under the administration of Blue Cross of Idaho. For Programming: Log onto http://adm.idaho.gov/insurance/Wellness/wellness.html

Employee Assistance Program (EAP)
At any given time, about 10 percent of all workers have personal problems that seriously affect their job performance. Many people do not know where to turn for help. Because Boise State University and the State of Idaho cares about you and your family, Boise State has contracted with Business Psychology and Associates (BPA) to provide an Employee Assistance Program that can help you deal with your challenges. For More Information: Log onto http://www.bpahealth.com/e_main1.html

Exercise Release Time
Many employees participate in a regular exercise program using campus facilities during the working day. As a result of this interest and the university’s commitment to wellness and fitness, employees are able to receive up to 45 minutes per week to exercise during work hours. Supervisory approval is necessary to determine when this release time can be utilized during the work week.

We ask that all employees who are utilizing this benefit complete the Exercise Release Time form and submit it to Wellness Services, MS-1351. This will help us track usage of the benefit and send valuable information to help employees achieve their fitness and health goals. The form can be found at: http://hrs.boisestate.edu/forms/exerciserelease.pdf

General Massage
Massage is available to all Boise State students, faculty and staff at an affordable rate on campus.
Fees:
$40 for one hour (Rec Members)
$45 for one hour (Non-Rec Members)
$25 for one-half hour (Rec Members)
$30 for one-half hour (Non-Rec Members)
To schedule an appointment: Call 426-1131.

Student Recreation Center Memberships
Boise State employees are eligible to use the campus recreation facilities at an affordable price, upon presentation of their photo ID and payment of fees. Make sure to check out their web site for the latest fitness challenges!
For More Information: Log onto http://rec.boisestate.edu

Standard First Aid/Adult CPR/AED
Standard First Aid/Adult CPR/AED classes are free to faculty and staff through Campus Recreation. All participants who pass receive American Red Cross certifications. For Details and Session Dates: Call 426-1131 or click http://rec.boisestate.edu/services/response/events.cfm

HEALTH INFORMATION

Reaching Out Handbook
The Reaching Out Handbook has been created for the purpose of providing you with information about Health, Wellness and Counseling Services and other campus resources, and how to most effectively assist Boise State University students. To view or download a current copy of the Reaching Out handbook visit http://www.boisestate.edu/healthservices/info/handbooks/ReachingOutHandbook09.pdf.

Wellness Resource Station
Wellness Resource Station is located at the Health & Wellness Center. It houses the latest health information and related campus services.

Online Services
A variety of health information and online assessments are available for employees and students. Explore: www.boisestate.edu/healthservices/info

SUPPORTING OUR STUDENTS (SOS): A Campus Network
Health is a community responsibility
Communities provide cooperative environments in which individuals make a conscious effort to support one another. Boise State University, as a community, provides each of us with opportunities for connection. At times, this means we will experience the joy or the pain of another community member. In certain situations, when an individual is in distress, we may have a personal or professional opportunity to: reach out, lend support and/or make a referral. At Boise State, there are numerous internal networks
available to help us address the specific needs and challenges of our fellow community members. The information and resources provided through the SOS network are tailored to assisting Boise State faculty, staff and students.

How you can help
You do not need to be a trained therapist to help a student who is struggling. At Boise State, all community members are needed to identify and support students in distress. By becoming familiar with the SOS resources and information, you can help make a difference. Visit http://www.boisestate.edu/healthservices/sos.asp.

ENVIRONMENTAL STRATEGIES
In addition to the programming presented, HWC is actively involved in fostering a healthy campus culture through campaigns, policy and population-based health strategies. Here are a few examples:

Step It Up!
HWC and Facilities Operations & Maintenance are working together to increase movement in the daily lives of students and employees. Look for the Step It Up signs posted by campus elevators.

Smoke-Free Campus
For the health of our community, Boise State University is smoke free. The smoke free policy covers all university owned or controlled buildings, property, vehicles, surrounding sidewalks and greenbelt section adjacent to campus. To learn more about the policy and how to become a FAA (Fresh Air Advocate), log onto: www.boisestate/healthservices/smokefree.

Healthy Regards,

Christina Berg, MPH 
Director of Wellness Services

Jodi Brawley, MS, CHES 
Health Educator