

Fall 2009



About the Wellness in the Workplace Initiative

The UMBC 'Wellness in the Workplace' Initiative provides the campus community with useful and relevant wellness information and learning opportunities, connects faculty and staff to resources and support, and identifies various ways to integrate wellness practices into the work day.

Wellness in the Workplace Website

The Wellness in the Workplace website provides links to information about health and wellness opportunities on campus, a listing of health-related websites, wellness tips and practices, motivational success stories shared by UMBC colleagues, and "Wellness News," brief announcements about campus-wide wellness issues. The website also includes a "Take a Break!" section that offers ways to take a break and recharge right at your desk through guided meditations, stretches and exercises, and deep breathing.

Explore this exciting resource at www.umbc.edu/wellness

Fall Programs & Services

Chartwells College & University Dining Services

UMBC Dining Services will be highlighting local produce, featuring local farms and farmers and creating awareness of the many health benefits of eating healthy and buying local. For more information, visit: www.dineoncampus.com/umbc/

"It Takes You – Think Global, Eat Local" is a week long campaign scheduled for the week of September 21st.

Environmental Safety & Health

The Office of Environmental Safety & Health is pleased to announce its online "Occupational Ergonomics" training that is available 24/7/365. This program covers a number of practical ergonomic goals for employees to apply to their work such as maximizing neutral body postures and avoiding awkward positions. To enroll, contact Michael Pound, Director of Environmental Safety & Health via e-mail at michaelp@umbc.edu.

Facilities Management

Smoking areas are regulated at UMBC to protect the physical well-being of nonsmokers, to respect the rights of smokers, and to comply with applicable smoking regulations. Adherence to the policy is the responsibility of the entire UMBC community (faculty, staff and students).

For the updated smoking policy, visit: www.umbc.edu/sjp/pdfs/smokingpolicy08.pdf.

For a map of designated smoking locations, visit: www.umbc.edu/sjp/pdfs/UMBC_DESIGNATED_SMOKING_SITES_2008.pdf

Human Relations—Center for Mediation & Conflict Resolution

The Office of Human Relations provides strategies and programs that promote equal employment and educational opportunity, and respectful interpersonal relations within the campus community. In addition, through its Center for Mediation and Conflict Resolution, the Office of Human Relations provides alternative dispute resolution services that may include mediation, conflict coaching, facilitation, creative problem solving, education and training.

For more information, visit Human Relations website: www.umbc.edu/ogc/hr or call 410-455-1853. For more information about the Center for Mediation & Conflict Resolution, visit: www.umbc.edu/humanrelations/cmcr or call 410-455-8624.



Human Resources—Training and Organization Development

Over 4,000 SkillsSoft courses are available online 24/7. For the Recommended Learning List for 'Workplace Wellness,' visit: www.umbc.edu/hr/T&OD/T&ODindex.html and look under 'e-Learning.'

Fall Wellness Workshops:

- Changing for Good: Creating a Health Change Strategy for Long-Term Success—Instructor: Dr. Carlo DiClemente
- Know Your Numbers: Exploring High Blood Pressure and Related Health Concerns—Instructor: Dr. Verlyn Warrington
Cosponsored by University Health Services
- An Introduction to The Alexander Technique—Instructor: Dr. Wendy Salkind

To register, visit: www.umbc.edu/training/community.

Retriever Athletic Center

The UMBC Athletic and Recreation Department is offering some excellent programs this fall 2009! Don't forget to register on the training registration site for 'Get Moving at the RAC', an in-depth tour of the campus' athletic facility. We will also be continuing our 'Get Fit' program which is a great way to start your workout program. New to the RAC will be our group and personal training sessions open to all faculty/staff/students! For more information, visit: www.umbc.edu/recsports.

University Counseling Services

- Counseling Services offers consultation to faculty and staff about helping students in distress.
- Upon request, we will gladly create presentations geared toward improvement of the mental health and overall success of our campus community.
- Resources in the Self-Development Center (including video and audio tapes) are open to students, faculty, and staff.
- Depression Screening Day in October—Details will be available soon.

For more information, visit www.umbc.edu/counseling.

University Health Services

Interested in a holistic approach to healthy living? Try Transitions Lifestyle System—a weight-management education program that focuses on low-glycemic-index eating, exercise, stress reduction, and more! Come to an information session in The Commons on September 15th, 16th, or 17th. For more information about times and room locations, contact Mickey Arora at parora@umbc.edu.

Women's Center

The following resources are available in the Women's Center (Commons 004)

- Lactation Room with hospital-grade breast pump available for use any hour of the day.
- Hatha yoga for all levels of experience (including beginners).
- Resource lending library with women's health resources (including reproductive and sexual health, pregnancy and parenting, etc.).
- Meditation cushions, meditation tapes and books are available along with private space for prayer, meditation or quiet reflection.



For a schedule of classes and a database of library holdings, visit: www.umbc.edu/womenscenter or call 410-455-2714. All are welcome so long as they respect women's experiences, stories and potential.

Join the UMBC team that is battling heart disease and stroke by participating in the American Heart Association's 2009 Greater Baltimore Heart Walk, scheduled for Saturday, October 24, 2009. For more information, contact Greg Simmons via e-mail at gsimmons@umbc.edu.