

# EMPLOYEE WELLNESS EVENT

In-service Day  
Tuesday, September 23, 2025  
9:00am – 3:00pm  
Brubaker Auditorium and various locations  
around campus



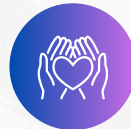
**Better  
Health  
AHEAD**

## WE CARE ABOUT YOUR HEALTH



### HEALTH AWARENESS

Learn more about your individual health needs through things like biometric screening, blood pressure checks, and bone density screening.



### HEALTH MANAGEMENT

Get information on how to better manage your healthcare – physically, spiritually and emotionally.



### POSITIVE LIFESTYLE ACTIONS

Try out the fitness center or take a hands-on class in the food lab to learn about healthy eating.



### PREVENTATIVE CARE

Speak to our healthcare partners about how best to utilize the preventative care offerings we provide.

## ENTER TO WIN ONE

Apple watch (courtesy of PAISBOA)  
Electric toothbrush (courtesy of United Concordia)  
Gift basket (courtesy of Everence)  
\$100 Dick's Sporting Goods gift card  
Campus Store gift card  
Yoga mat

### PRIZE ENTRY:

- Pick up a Wellness Passport at the check-in table.
- Visit *at least* one station/activity from each box on your wellness passport and get it initialed.
- Turn in your Passport at the HR check-in table.
- Passports with initials from all four boxes will be entered to win.

Thanks in part by a  
grant from:



Thanks to:



Nutrition and Dietetics  
Occupational Therapy



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
- blood pressure check, 9:00am-1:00pm (Integrated Health 21)
- bone density screening, 9:00am-1:00pm (Integrated Health 21)
- chair massages, 9:30am-3:00pm, by appointment (Healthy Measures)
- biometric screening, 10:00am-2:00pm, by appointment (Healthy Measures)
- growth mindset hands-on workshop, 10:00am-1:00pm (Healthy Measures)
- Informational tables, all day:
  - understanding preventative care and general support with PAISBOA and United Concordia
  - new benefit information from Noom
  - heart health information from Integrated Health
  - navigating healthcare in retirement with Everence
  - skin cancer awareness and sunscreen samples (courtesy of Sawyer Products)

### PROGRAMS AROUND CAMPUS

- Virtual Wellness - PARMER CINEMA (registration required, limit 8)
  - 9:15-10:15am
  - 10:30-11:30am
- Nature Wellness Walk - meet in CIRCLE OUTSIDE ECC
  - 9:15-10:15am
  - 10:30-11:30am
- Fitness Center: Getting Started - FITNESS CENTER
  - 9:30-10:15am
- Spiritual Wellness: Perseverance - Staying the Course/Going the Distance - SOLLENBERGER 166
  - 9:30-10:15am
  - 1:30-2:15pm
- From A1C to HDL: Eating for the numbers that matter - JORDAN 063 (registration required, limit 15)
  - 10:15-11:45am
  - 1:00-2:30pm
- Healthcare in Retirement, Everence - SOLLENBERGER 166
  - 11:00am
- Yoga 101 - FITNESS CENTER, GROUP EXERCISE ROOM (registration required, limit 15)
  - 12:00-12:45pm
- Mental Health Awareness Training - PAWC 310 (registration required)
  - 1:00-3:30pm
- Mindfulness and Mobility - FITNESS CENTER, GROUP EXERCISE ROOM (limited to first 20 participants)
  - 1:30-2:15pm

Appointment  
scheduling and  
registration  
details, next page

## APPOINTMENTS & REGISTRATION

### Chair Massages

9:30am-3:00pm

Brubaker Auditorium

Enjoy a relaxing 10-minute chair massage by a  
Licensed Massage Therapist

[chair massage appointment](#)

### Virtual Wellness

9:15-10:15am and 10:30-11:30am

Parmer Cinema

Please note that this session will use virtual reality  
equipment.

[virtual wellness registration](#)

### From A1C to HDL: Eating for the Numbers that Matter

10:15-11:45am and 1:00-2:30pm

Jordan 063

Join nutrition and dietetics faculty in the Foods Lab  
for an interactive workshop about the impact of  
nutrition on your metabolic health. This workshop  
will include meal planning best practices and an  
opportunity for participants to prepare and enjoy  
heart healthy, diabetes-friendly recipes. Whether  
you are looking for some new meal ideas, concerned  
about your numbers or don't know your HDL from  
your A1C this workshop is for you!

[cooking workshop registration](#)

### Biometric Screening

10:00am-2:00pm

Brubaker Auditorium

- Blood results in 5-minutes with a simple fingerstick
- Screenings include blood pressure and BMI
- Early detection tool of possible health issues
- 12-minute appointment slots
- Fasting not required
- Completely confidential

[biometrics screening appointment](#)

### Mental Health Awareness Training

1:00-3:30pm

PAWC 310

This training is designed to educate participants in  
understanding some of the more common mental  
health diagnoses, reduce stigma and promote  
emotional wellness. This training touches on  
depression, anxiety, bipolar disorder, addiction,  
panic attack and eating disorders. You will learn to  
recognize signs and symptoms and best practices on  
ways to respond and assist someone struggling with  
a mental health challenge.

[mental health awareness registration](#)

### Yoga 101

12:00-12:45pm

Group Exercise Room

Are you yoga curious but hesitant to make your way to  
a yoga studio or fear that you may not "fit in" for one  
reason or another? Have you always wondered what,  
exactly, is downward facing dog anyway? If this sounds  
like you or you're interested in learning the yoga  
basics, then Yoga 101 is for you! Yoga is for all bodies,  
all shapes, sizes and abilities. Join Jen Romanchak, RYT  
500, for a breakdown of some of the most common  
yoga poses and phrases, for a beginner friendly flow,  
and for a safe space to ask all of your yoga questions  
before you take your first class.

[yoga 101 registration -  
through FalconRec](#)

*Need help navigating FalconRec?*

Never registered for a class at the Fitness Center?  
It's quick and easy and a great first step towards  
better health!

Falcon Center  
Registration Instructions





## **NO REGISTRATION REQUIRED**

### **Nature Wellness Walk**

9:15-10:15am and 10:30-11:30am

Meet in circle outside ECC

Enjoy a nature walk through campus and the fitness trail as well as an opportunity to simply pause and "just be" by the Breeches. Optional guided audio and activities will be shared throughout parts of the walk. Wear sneakers and bring headphones if you choose to listen to guided audio.

### **Fitness Center: How to Get Started**

9:30-10:15am

Meet at front desk of Fitness Center

Participants will learn how to check-in, sign any waivers they may need, and get a tour of the facility from our Fitness Center director, Nate Nester. The tour will conclude with a handout and explanation of a machine circuit that participants can use to start or continue their health and wellness journey.

### **Spiritual Wellness: Perseverance -**

### **Staying the Course/Going the Distance**

9:30-10:15am and 1:30-2:15pm

Sollenberger 166

This seminar will focus on cultivating health and holy habits for spiritual vitality even in the midst of demanding schedules and acknowledged stress.

### **Mindfulness and Mobility**

1:30-2:15pm

Group Exercise Room

Dr. Kris Hansen-Kiefer will lead participants through a gentle mobility routine and mindfulness practice. Participants will get a handout with access to these routines to take home. This is a great way to relax, unwind, loosen up, and re-center. (Limited to first 20 attendees.)

