



### Wellness @ ISPN

Hello! My name is Matthew Fleischmann and I am the new Wellness Coordinator at The Institute for the Study and Practice of Nonviolence. My job is to organize programming for the clients and staff of ISPN. Be sure to stop by our office to check out the new Wellness @ ISPN calendar in the main lobby, detailing the month's events! Here's what you have to look forward to for January, which Blood Donor Awareness Month!

Here's what's up and coming in January:

- **Monthly wellness challenge:** Stand Up to Sitting Down: To get everyone up and out of their seats more and spend less time sitting, we're running a challenge from January 6<sup>th</sup> to January 20<sup>th</sup> to see who can stand the most. Try it in your own office! The person who stands the most wins a prize!
- **Blood Drive:** We're partnering with the **Rhode Island Blood Clinic** to organize a blood drive for staff!
- **CrossFit:** We have partnered with **Industrial Revolution CrossFit in Pawtucket** to offer classes twice a month for clients and staff for the entire year! We look forward to starting our partnership January 18<sup>th</sup>.
- **Coffee Hour:** Come join us in **the ISPN Chapel from 1:00-2:00 on January 11<sup>th</sup>** for our coffee hour, as we ask clients and community for their input into Wellness @ ISPN programming.

Thoughts? Comments? Suggestions? Want to get involved? Send an email to [matthew@nonviolenceinstitute.org](mailto:matthew@nonviolenceinstitute.org)!