

**January 2020 - Employee Well-Being Programs**

**Open to all VCU employees at no cost. All programs begin at 12 noon. Details at**

**https://hr.vcu.edu/current-employees/worklife/ or** [**https://ramstrong.vcu.edu/**](https://ramstrong.vcu.edu/)

**January 8**

**Yoga (presented by VCU HR and VCU Recreational Sports)**

*Learn foundational yoga postures to help align, strengthen and promote flexibility in the body. You can expect an emphasis on simplicity, repetition, and easy of movement.*

Location - Monroe Park Campus, Cary Street Gym – Mind Body Studio

Register at: [Talent@VCU](https://vcu.csod.com/ui/lms-learning-details/app/event/924fb0f9-f6e3-4dc0-b128-2763ed6a6da1)

**January 13**

**3 steps to Overcome Emotional Eating (presented by VCU HR and Pam Losada, Well-Being Coach)**

*Emotional eating leads to weight gain and poor health, which leads to more stress, which leads to more emotional eating making it a vicious cycle. In this presentation you will learn if you are an emotional eater, what causes emotional eating as well as what is needed to cope with emotions without using food*

Location - Monroe Park, Cabell Library 901 Park Avenue, Room 250

Register at[: Talent@VCU](https://vcu.csod.com/ui/lms-learning-details/app/event/92ab8ef6-68b5-46b8-be62-4cfdb6cac581)

**January 14**

**Being a Compassionate Colleague – Understanding Mental Health (presented by VCU HR Employee Relations)**

*Join us as we explore mental health disorders in order to understand, seek timely intervention, and save lives.*

Location - MCV Campus, Main Hospital, 1st Floor, The Learning Center

Register at: [Talent@VCU](https://vcu.csod.com/ui/lms-learning-details/app/event/a20af2ca-6189-4225-ab42-54b31979bcd6)

**January 16**

*In this session we will learn how to have the ability to be fully present in the moment in order to decrease stress to increased levels of focus and happiness.*

Location - Monroe Park, Cabell Library 901 Park Avenue, Room 250

Register at: [Talent@VCU](https://vcu.csod.com/ui/lms-learning-details/app/event/5990c8e9-cc7e-48dd-9229-8ca708f1156a)

**January 21**

**No Sweat Pilates (presented by VCU HR and VCU Recreational Sports)**

*This form of exercise builds on moves that target the abs, back and overall core strength that mix with focused breathing to help you be strong and flexible.*

Location – MCV Campus, Larrick Center

Register at: [Talent@VCU](https://vcu.csod.com/ui/lms-learning-details/app/event/c007e4cd-0164-4be7-8f45-2808febaf23f)

**January 27**

**Find your Fit (presented by VCU HR and VCU Recreational Sports)**

*Between HIIT, barre, functional training, and the many varieties of yoga, it can be difficult to decipher the purpose and intent of each modality. In this workshop, we'll break down the buzzwords and trends of different fitness formats, and how to effectively exercise for your personal goals and interests.*

Location - MCV Campus, Main Hospital, 1st Floor, The Learning Center

Register at: [Talent@VCU](https://vcu.csod.com/ui/lms-learning-details/app/event/13a29767-2f3e-4e1f-81af-e290972e1135)

**Interested in learning more about wellness? Subscribe to the HR Wellness blog at:** [**https://blogs.vcu.edu/hr-worklife/**](https://blogs.vcu.edu/hr-worklife/)