



HUMAN RESOURCES
Employee Development and Wellness Services



WELLNESS WEDNESDAYS



**A new program to promote health and
wellness at Georgia State University**

**The first & second Wednesday of every month,
Noon-1:00pm, One Park Place Building,
Basement Level Training Room**

**PARTNERING TO CREATE
A HEALTHIER WORKFORCE**

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ABOUT WELLNESS WEDNESDAYS

GSU is committed to supporting the health and wellness of its faculty and staff. Wellness Wednesdays is a new program to make available the best practices in health and wellness in a supportive and easy to use format.



Our program will bring you the most up to date information, the best and most practical approaches and the most useful support for making this the year you invest in a healthier you.

This program will help you with the following key areas:

- Take a comprehensive wellness assessment to find out about your wellness strengths and weaknesses.
- Create a vision of how you want to manage your wellness.
- Learn what the latest research tells us about what we can do to lead healthier and happier lives.
- Get direction, education and coaching on how to build a practical approach to wellness . . . one that will actually fit in your life.
- Use the help and support from other wellness participants to help you take positive steps and motivate you to keep them going over time.

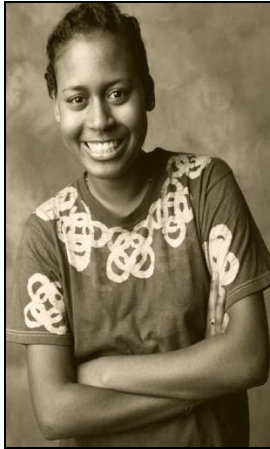


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WELLNESS WEDNESDAYS INFORMATION



- *Create your own individualized wellness plan*
- *Target only those areas that are important to you*
- *Participate as much or as little as you like*

- *Expert presenters with up to date information on key wellness areas*
- *Dozens of useful and practical wellness resources*



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- *Get support from wellness groups in areas of the greatest interest to you*



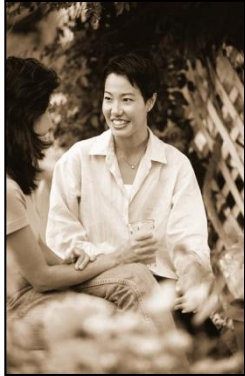
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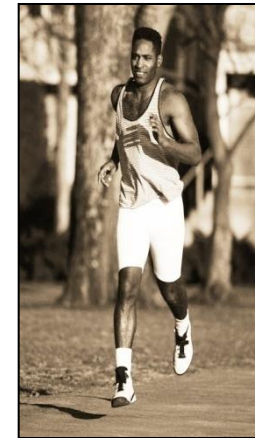


WELLNESS AREAS ADDRESSED

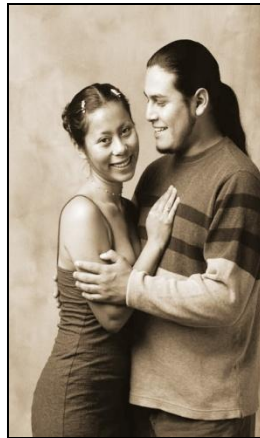


- *What are the most important ways to protect your physical health?*
- *What is the right way to approach eating a healthier and slimming diet in the real world?*

- *What kind of exercise program can fit into a busy schedule and still help improve a person's health?*
- *What can be done to reduce stress and improve the ability to manage stress in a busy and complicated world?*



- *What are the secrets to good emotional health, and what can you do to improve and strengthen emotional resiliency?*
- *What does it mean to have a healthy sexual life and how can you keep your sexuality healthy for a whole lifetime?*



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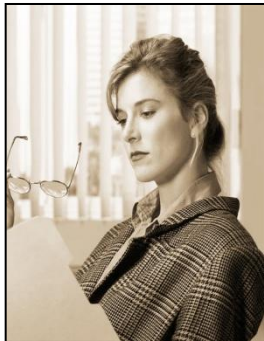
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WHAT YOU WILL RECEIVE

When you register for the Wellness Wednesday program, you will receive a Wellness Notebook to store and organize your personal wellness materials, including your wellness assessment, your personal wellness plan, and all of the useful handouts and materials.



Your personal Wellness Notebook makes it easy to give and take information with other GSU faculty and staff working on their wellness plans, and share what you learn with family & friends.



You will also receive a Friends for Fitness T-shirt that you can wear proudly on or off the GSU campus.

Other Wednesday Activities:

Wednesday Fitness Walk

The fourth Wednesday of every month Noon-1pm,
email edws@gsu.edu or call 404-413-3342 for more information
and exact routes



CONTACT INFORMATION



If you have further questions about Wellness Wednesdays or need additional information, email edws@gsu.edu or call us at 404-413-3342.



You can also find information about other wellness events online at the following web address:

<http://www.gsu.edu/hr/30429.html>

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Go there now



Wellness Wednesdays is a new program developed and presented by GSU's Employee Development and Wellness Services, a unit of the Human Resources Department, with assistance and support from the School of Nursing, GSU's Recreational Services, and the Department of Nutrition, the Department of Respiratory Therapy, and the Department of Student Health Promotion.



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