

2024 Programming Schedule – Wake County Employee Health Center

Behavioral Health *All Shontée*

- January (12:00 p.m. - 1:00 p.m.)
 - Tues. 1/16/24: Ringing In the New Year While Supporting Mental Wellness
 - Tues. 1/30/24: Optimizing Our Minds for Sustained Change
- February (11:30 a.m. - 12:30 p.m.)
 - Tues. 2/13/24: Social Connectedness
 - Tues. 2/27/24: Powering Down
- March (12 p.m. - 1 p.m.)
 - Tues. 3/12/24: Mindful Eating
 - Tues. 3/26/24: Understanding Burnout
- April (12:30 pm. - 1:30 p.m.)
 - Fri. 4/5/24: Happiness Challenge Session 1/6
 - Fri. 4/12/24: Happiness Challenge Session 2/6
 - Fri. 4/19/24: Happiness Challenge Session 3/6
 - Fri. 4/26/24: Happiness Challenge Session 4/6
- May (12:30 p.m. - 1:30 p.m.)
 - Fri. 5/3/2023: Happiness Challenge Session 5/6
 - Fri. 5/10/24: Happiness Challenge Session 6/6
 - Tues. 5/21/24: Understanding Anxiety & Depression
- June (11:30 a.m. - 12:30 p.m.)
 - Tues. 6/4/24: Try Skillpower Instead of Willpower
 - Tues. 6/18/24: Alcohol & Substance Abuse and Mental Wellbeing
- July (12 p.m. - 1 p.m.)
 - Tues. 7/2/24: Understanding Burnout
 - Tues. 7/16/24: Social Connectedness
- August (12:30 p.m. - 1:30 p.m.)
 - Tues. 8/6/24: Mental Wellness & the Workplace
 - Tues. 8/20/24: Self Care
- September (11:30 a.m. - 12:30 p.m.)
 - Tues. 9/3/24: Understanding Grief & Loss
 - Tues. 9/17/24: Brain Health
- October (12 p.m. - 1 p.m.)
 - Tues. 10/1/24: Mindful Eating
 - Tues. 10/15/24: Powering Down
- November (12:30 p.m. - 1:30 p.m.)
 - Mon. 11/4/24: Managing Holiday Stress & Wellness
 - Tues. 11/19/24: Choose Gratitude
- December (11:30 a.m. - 12:30 p.m.)
 - Tues. 12/3/24: More Joy, Less Depression, Anxiety, and Stress – Holiday Mindfulness

Care Management

- **Webinars/Workshops (to be facilitated by *DeMonica* and *Melissa*)**
 - January (12 p.m. - 1 p.m.) ***DeMonica***
 - **Thursday 1/25/24:** Metabolism, Diet, and Weight – Are they linked?
 - February (12:30 p.m. - 1:30 p.m.) ***Melissa***
 - **Wednesday 2/7/24:** Heart Health (to include Hypertension – Risk Factors and Complications)
 - March (11:30 a.m. - 12:30 p.m.) ***DeMonica***
 - **Tuesday 3/19/24:** Eat Well – The Benefits of a Whole-Food Plant-Based Diet
 - April (12 p.m. - 1 p.m.) ***Melissa***
 - **Monday 4/22/24:** Better Sleep for Better Wellbeing
 - May (12:30 p.m. - 1:30 p.m.) ***DeMonica***
 - **Friday 5/17/24:** Emotional Wellbeing – Work-Home Balance and Caregiver Stress
 - June (11:30 a.m. - 12:30 p.m.) ***Melissa***
 - **Friday 6/14/24:** Men's Health
 - July (12 p.m. - 1 p.m.) ***Melissa***
 - **Wednesday 7/10/24:** Sun Safety & Skin Health (presentation previously prepared by Janice, on A: Drive)
 - August (12:30 p.m. - 1:30 p.m.) ***DeMonica***
 - **Thursday 8/13/24:** Live Well, Be Well – Lifestyle Medicine
 - **Monday 8/26/24:** Pre-diabetes Self-Management
 - September (11:30 a.m. - 12:30 p.m.)
 - **Thursday 9/12/24:** Age-related Change: Living with Perimenopause & Menopause ***Melissa***
 - **Monday 9/23/24:** Controlling Cholesterol ***DeMonica***
 - October (12 p.m. - 1 p.m.)
 - **Wednesday 10/09/24:** Women's Health (to include Breast Cancer Awareness and Prevention) ***Melissa***
 - November (12:30 p.m. - 1:30 p.m.) ***DeMonica***
 - **Tuesday 11/12/24:** Diabetes Self-Management – Preventing and Managing Diabetes (to include Risk Factors and Complications)
 - December (11:30 a.m. - 12:30 p.m.) ***Melissa***
 - **Monday 12/9/24:** Diabetes Self-Management – Diabetes Medications

- **Tobacco Cessation Offerings 2024 (to be facilitated by *DeMonica* and Hannah*)**
 - **Offering #1 - Fridays (12 p.m. - 1 p.m. | February-March, Q1) *DeMonica***
 - 2/9/24: Offering #1, Session 1/4
 - 2/16/24: Offering #1, Session 2/4
 - 2/23/24: Offering #1, Session 3/4
 - 3/1/24: Offering #1, Session 4/4
 - **Offering #2 - Wednesdays (12:30 p.m. - 1:30 p.m. | April-May, Q2-Q3) *Hannah***
 - 4/10/24: Offering #2, Session 1/4
 - 4/17/24: Offering #2, Session 2/4
 - 4/24/24: Offering #2, Session 3/4
 - 05/01/24: Offering #2, Session 4/4
 - **Offering #3 - Thursdays (3 p.m. - 4 p.m. | May-June, Q2) *DeMonica***
 - 5/23/24: Offering #3, Session 1/4
 - 5/30/24: Offering #3, Session 2/4
 - 6/6/24: Offering #3, Session 3/4
 - 6/13/24: Offering #3, Session 4/4
 - **Offering #4 - Tuesdays (12 p.m. - 1 p.m. | July-August, Q3) *Hannah***
 - 7/23/24: Offering #4, Session 1/4
 - 7/30/24: Offering #4, Session 2/4
 - 8/6/24: Offering #4, Session 3/4
 - 8/13/24: Offering #4, Session 4/4
 - **Offering #5 - Wednesdays (12:30 p.m. - 1:30 p.m. | September, Q3) *Promote as LAST offering!* *Hannah***
 - 9/4/24: Offering #5, Session 1/4
 - 9/11/24: Offering #5, Session 2/4
 - 9/18/24: Offering #5, Session 3/4
 - 9/25/24: Offering #5, Session 4/4

Members **must attend all 4 sessions** to be marked as “complete” and directed to complete self-attestation.

Missed session: members will be directed to schedule 1:1 appointment with Wellness Coach or Care Management RN to make-up session within 2 weeks of session’s end.

DEADLINE to sign up for 1:1 tobacco cessation coaching: fourth weekly visit (of four) must be completed by October 25, 2024. To be completed with Wellness Coach or Care Management RN. *All four visits may NOT be scheduled in the same week.*

Planned outreach for 2024: reach out to all Tobacco Cessation participants from 2023 to provide them with available sessions for 2024 (in January 2024).

Wellness Coaching *All Hannah*

- **Weekly Meditations**

Month	Day	Time
January	Mondays	2 p.m. - 2:15 p.m.
February	Fridays	12:30 p.m. - 12:45 p.m.
March	Wednesdays	8 a.m. - 8:15 a.m.
April	Thursdays	3 p.m. - 3:15 p.m.
May	Tuesdays	11:30 a.m. - 11:45 a.m.
June	Mondays	10 a.m. - 10:15 a.m.
July	Fridays	1:30 p.m. - 1:45 p.m.
August	Thursdays	9 a.m. - 9:15 a.m.
September	Tuesdays	4 p.m. - 4:15 p.m.
October	Wednesdays	11:45 a.m. - 12 p.m.
November	Mondays	7:45 a.m. - 8 a.m.
December	Thursdays	12:30 p.m. - 12:45 p.m.

- **New Year, New You – Offering #1**

- **Pre-assessments**
 - 01/15/2024 - 01/26/2024: Pre-assessments
- **Dates of virtual sessions (11 a.m. - 12:15 p.m.):**
 - #1: TUESDAY, 01/30/2024
 - #2: TUESDAY, 02/06/2024
 - #3: TUESDAY, 02/13/2024
 - #4: TUESDAY, 02/20/2024
 - #5: TUESDAY, 02/27/2024
 - #6: TUESDAY, 03/05/2024
 - #7: TUESDAY, 03/12/2024
 - #8: TUESDAY, 03/19/2024
- **Incentive Pick-ups (01/31 - 03/20/2024):**
 - Wednesdays, 10:00 a.m. - 11:30 a.m. (Swinburne)
 - Thursdays, 10:00 a.m. - 11:30 a.m. (Downtown)
- **Post-assessments**
 - 03/25 - 04/05/2024: Post-assessments

- **Spring Into Exercise In-person Classes**

- **Downtown – April**
 - 4/9, 4/16, 4/23, 4/30: 7:15 a.m. - 7:45 a.m. (Tuesdays)
- **Swinburne – April**
 - 4/10, 4/17, 4/24: 7:15 a.m. - 7:45 a.m. (Wednesdays)
- **Downtown – May**
 - 5/7, 5/14, 5/21, 5/28: 7:15 a.m. - 7:45 a.m. (Tuesdays)
- **Swinburne – May**
 - 5/1, 5/8, 5/15, 5/22, 5/29: 7:15 a.m. - 7:45 a.m. (Wednesdays)

- **Webinars/Workshops**

- January – March: NYNY Virtual Sessions
- April – May: In-Person “Spring Into Exercise” Classes
- June (1:30 p.m. - 2:45 p.m. | Men’s Health)
 - 6/26: Get Fit At Work (with demo, include info about Ergonomics)
- July (10:30 a.m. - 11:30 a.m. | Cancer Screenings, Skin Health)
 - 7/22: Grocery Shopping – A Virtual Tour
- August (1:30 p.m. - 2:30 p.m. | Lifestyle Medicine)
 - 8/7/24: Small Changes, Big Results (include “Creating Your Wellness Vision”)
- September (10:30 a.m. - 11:45 a.m. | Healthy Aging)
 - 9/26/24: Fit At Any Age (with demo, include info about Ergonomics)
- October (1:30 p.m. - 2:30 p.m. | Women’s Health)
 - 10/7/24: What is Wellness Coaching?
 - Breast Cancer Awareness Walks
 - Swinburne – TBD
 - Downtown - TBD
- November (10:30 a.m. - 11:30 a.m. | Diabetes)
 - 11/7/24: Managing Your Weight Through the Holiday Season
- December (1:30 p.m. - 2:30 p.m. | Monthly Topic is TBD)
 - 12/11/24: Recharge With Energy Management
 - Prep/Sign-Ups for NYNY in January 2025