Follow us on Facebook and Twitter!

GVSU Human Resources Health and Wellness

Not receiving our e-Newsletter? Sign up for monthly updates on your benefits, wellness and work life. Email healthandwellness@gvsu.edu to sign up.

GVSU & GRCC Collaboration on Programs

In an effort to expand informational seminars and learning opportunities for faculty and staff, Grand Rapids Community College and GVSU are collaborating on programming. What does this mean for you? Programming at either college will be available to you as a GVSU faculty or staff member. GRCC programming includes both personal and professional development. Visit www.gvsu.edu/sprout and register as you would for a GVSU program. For a complete listing of events, please visit Grand Rapids Community College website for learning at http://cms.grcc.edu/currentlearning.

Human Resources provides a broad spectrum of resources and services to Grand Valley faculty and staff. As a team we work diligently to bring you timely, meaningful, professional development and health and wellness opportunities. In order to continue to provide this service, we ask for your cooperation. If you need to cancel, please remove your name from the class list at least 24 hours in advance. Failure to attend or to notify us regarding cancellation may result in financial loss to the University. Register for all programs at www.gvsu.edu/sprout.

If you require any special accommodations please call Human Resources at 331-2215.
The purpose of the Healthy Choices program is to support healthy lifestyle behaviors to benefit eligible faculty and staff through outreach and participation in healthy activities and programming.

**STEPS**

**Step 1:** Know Your Numbers: Participate in the online health risk assessment and a blood draw, February 6-16

**Step 2:** Activity Tracking: Track two activities per calendar quarter, January - December

**Step 3:** Active Management: Engage with a health coach, July - December

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**GET STARTED HERE**

**KNOW YOUR NUMBERS**
Complete a biometric screen, conducted free at Grand Valley, and an online health assessment
Faculty/Staff and Spouses

$100

**ACTIVITY TRACKING**
Log two activities for each quarter
Faculty/Staff Only

$100

**ACTIVE MANAGEMENT OF HEALTH RISKS**
Obtain free coaching followup
Faculty/Staff and Spouses

$100

**KNOW YOUR NUMBERS**
Get an annual physical from your own health care professional and complete a health assessment before May 31, 2015
Faculty/Staff and Spouses

$100

**ACTIVITY TRACKING**
Log two activities for each quarter
Faculty/Staff Only

$100

**ACTIVE MANAGEMENT OF HEALTH RISKS**
Obtain free coaching followup
Faculty/Staff and Spouses

$100

Visit the Human Resources Health and Wellness website and click on Healthy Choices to sign up and learn more.

All programming and events listed in this document qualify as a healthy choices activity.

PriorityHealth

*Or paycheck if not enrolled in a Health Savings Account
HEALTHY EVENTS AND CHALLENGES

GVSU Farmers Market
Every Wednesday through October
Parking Lot G, Allendale Campus
(no market September 2)
www.gvsu.edu/farmersmarket

Each market provides delicious lunches prepared by Campus Dining, music, free blood pressure screenings, and a variety of local produce and goods. Be sure to get your market punch-card and enter a monthly drawing for a market giveaway.

Pedometer Challenge
October 12 - November 20
Team registration opens September 21
NEW pedomter provided to all participants!

The Pedometer Challenge is a 6-week fitness competition open to GVSU faculty and staff that allows participants to compete by tracking pedometer steps as an individual or as part of a team. The challenge is designed for participants of all fitness levels. We’ll provide you with the tools and resources to easily set goals, track your progress, and motivate a team. Prizes are awarded for teams who earn the most steps and reach set goals.

Register online at the Health and Wellness website.

Schools of Hope Reading Program, Heart of West Michigan United Way
October 6, 12:00PM - 1:30PM
Room 1012, James H. Zumberge Hall
October 15, 3:00PM - 4:30PM
Room 302E, Richard M. DeVos Center

High school graduation is a powerful predictor of a young person’s future success, and research shows that students who don’t read proficiently by the end of third grade are four times more likely to leave school without a diploma. The Schools of Hope Reading Program pairs students in grades 1-3 who are behind in reading with Volunteer Reading Tutors who work one-on-one with them each week during the school year.

At GVSU we support our faculty and staff to be a Schools of Hope tutor. With supervisor permission GVSU Schools of Hope tutors do not need to take vacation or personal time to tutor in one of the participating Grand Rapids Public Schools. You can even “share” a student for an every-other-week commitment. Make the choice to help our community students by becoming a Schools of Hope tutor.

BECAUSE OF YOU – Kent County is a Stronger Community

You must complete 1 ½ hour training to become a tutor. To register visit www.gvsu.edu/sprout. Lunch will be included for October 6th session and light refreshments will be included for October 15th session.
**HEALTHY EVENTS AND CHALLENGES**

### Mindful Triathlon

October 23, 7:00AM  
Kelley Family Sports Center

No running, swimming, or biking required!  
15 minute walk or run  
15 minute Yoga session  
15 minute guided meditation session

Register online at [www.gvsu.edu/sprout](http://www.gvsu.edu/sprout)

### A Mindful Campus: Cultivating Awareness and Connection in a Distracted World

Guest speaker Dr. Donald McCown is assistant professor of integrative health and director of the Center for Contemplative Studies at West Chester University of Pennsylvania. He has been lecturer in the School of Health Professions at Thomas Jefferson University in Philadelphia, and Director of Mindfulness at Work Programs at the Mindfulness Institute at the Jefferson-Myrna Brind Center of Integrative Medicine.

Please join us as Dr. McCown introduces us to the Mindful Campus. The practice of mindfulness, or the act of bringing the attention to the present moment without judgment, has been the subject of much empirical and scientific study in Western culture over the past 15 years and is rapidly becoming a standard clinical treatment to manage stress and improve one’s relationships and quality of life. Additionally, it is being taught in schools across the country to help children and emerging adults to manage the emotional, cognitive, and developmental tasks which they face.

Please register for one of the following sessions occurring on October 23:

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Location</th>
<th>Topic</th>
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</thead>
<tbody>
<tr>
<td>9:00AM - 10:30AM</td>
<td>Pere Marquette Room, Kirkhof Center, Allendale</td>
<td>Wellness and “Withness”: Mindful care for self and others. Presentation on Personal Wellness and Mindfulness. Continental breakfast served.</td>
</tr>
<tr>
<td>11:00AM - 1:00PM</td>
<td>Pere Marquette Room, Kirkhof Center, Allendale</td>
<td>Contemplative Classrooms: Empirical evidence and practical applications. Presentation to GVSU faculty on Mindfulness and Teaching. Lunch served.</td>
</tr>
<tr>
<td>2:00PM - 3:30PM</td>
<td>1008A Seidman College of Business, Pew Campus</td>
<td>The Mindful Campus: Cultivating Awareness and Connection in a World of Distraction. Forum on Mindfulness for faculty, staff, and students.</td>
</tr>
</tbody>
</table>
HEALTHY EVENTS AND CHALLENGES

Open Enrollment
October 20, 8:00AM - November 4, 5:00PM

The 2015 annual benefits open enrollment is your opportunity to take a closer look at your benefit options. Follow these four easy steps:

1. **ANYTIME**: Visit [gvsu.edu/healthwellness](http://gvsu.edu/healthwellness) and click on “2016 Open Enrollment” to review all of your benefit options for 2016.
2. **OCTOBER 20 - NOVEMBER 4**: Enroll in your benefits by click on “2016 Open Enrollment.”
3. Receive your detailed total compensation/confirmation statement.

To receive your total compensation/confirmation statement, each benefit eligible faculty or staff member must complete an online enrollment and update/verify benefit elections including:

- Home address for W-2 purposes
- Coordination of benefits information
- Beneficiary designation
- IRS re-election requirement for Flexible Spending Accounts and Health Savings Accounts

For more information please contact us at 331.2220 or email healthandwellness@gvsu.edu

Health Coaches on Campus
November 12, 1:00PM - 7:00PM
Room 297C, Richard M. DeVos Center
November 13, 7:00AM - 1:00PM
Room 1249, Russel H. Kirkhof Center

Health coaches are energizing in their commitment to help you live your life with high energy, clear focus and a positive and confident outlook. Coaches don’t make it easy by giving you answers. Rather, they are skilled partners; they join with you in creating an inspiring vision for your life, together with a pragmatic plan to move you closer to that vision. In the process, they help you dig out your strengths and insights from life’s clutter. Sign up for your appointment now by calling the 1-800 number on the back of your Priority Health insurance card or online at [www.priorityhealth.com](http://www.priorityhealth.com) and click on the wellness event schedule.

Hold It for the Holidays
November 23 - January 6

Weigh in and win! Faculty and staff are challenged to maintain their weight during the holiday season. Participants who successfully complete the challenge have the opportunity to win their money back. Sign up online at [www.gvsu.edu/sprout](http://www.gvsu.edu/sprout)
FINANCIAL FITNESS

Healthy Numbers
Integrate healthcare into your retirement plan!

October 20, 3:00PM - 4:30PM
Room 3000, James H. Zumberge Hall

Enjoying your retirement begins with your health. But are you budgeting for the costs of healthcare in retirement? Together, we’ll cover the key ideas, trends and numbers you need to be prepared. TIAA-CREF’s workshop presenter Alexandra Curry, will share how to fold healthcare into your overall retirement plan. Dave Smith, GVSU Director of Benefits and Wellness, will join us for the last ½ hour to discuss GVSU’s retiree medical benefits.

Postcards from the Future
A woman’s guide to financially ever after.

November 3, 12:00PM - 1:30PM
Room 3062, James H. Zumberge Hall

As a woman, what Financial knowledge do you need nearing retirement? Learn what you can do to help make your retirement dream come true. TIAA-CREF’s workshop leader, Chele Hubbard, will help you to identify your “retirement vision” – how much you will need and when. Define simple steps to reach your ideal retirement age within 10-15 years, and learn the unique characteristics of retirement plans from 403(b)’s to IRA’s.

Online Tools
Connect to financial clarity.

November 17, 12:00PM - 1:00PM
Room 3000, James H. Zumberge Hall

This workshop will appeal to all ages, including Gen Y. If you’re looking for a better understanding of your financial future, TIAA-CREF’s online tools are a great way for you to get the knowledge and confidence to discuss your needs with a Financial Consultant. TIAA-CREF’s presenter, Alexandra Curry, will guide you through the TIAA-CREF suite of online tools to help you learn how to find your investment style, track your retirement path, and discover how to create a simpler picture of all of your finances. Learn a convenient way of keeping track of your financial future using the online tools provided by TIAA-CREF.
PHYSICAL FITNESS & NUTRITION

Small Group Fitness
Small group instruction is an economical alternative to one-on-one training. Whether it be for fat loss, general conditioning, or elite level athletics, the added motivation of having others working out in the same room with you pushes you to a new effort level. You will receive accountability, motivation, support, experience and expert guidance to reach your fitness goals at an economical rate. Class size is limited to 8 people.

12 week session begins September 14.
Register online at www.gvsu.edu/sprout
Cost: $60/Opportunity to carry over payment into the next series! Find out how.

Faculty/Staff Group Exercise
Ever wanted to try SPINNING, Yoga, or strength training? A variety of fitness classes are open to GVSU faculty, staff, and family members each Fall, Winter, Spring/Summer. Two sessions are offered each semester.

**Session I**
August 31 - October 23
**Session II**
October 26 - December 18
Registration Open 8:00AM, October 5

Priority Health Living Workshops
Register online at www.gvsu.edu/sprout for one of the workshops listed below.

<table>
<thead>
<tr>
<th>Date/Time</th>
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<th>Topic</th>
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</thead>
<tbody>
<tr>
<td>November 4, 12:00PM - 1:00PM</td>
<td>Allendale Campus, 3000 James H. Zumberge Hall</td>
<td><strong>Mastering Stress</strong>&lt;br&gt;This class uses “mindfulness” to help reduce stress, diminish anxiety and depression and reduce pain in the body by being aware of your thoughts.</td>
</tr>
<tr>
<td>December 2, 12:00PM - 1:00PM</td>
<td>Pew Campus, 3001 Seidman College of Business</td>
<td><strong>Back to Basics Nutrition</strong>&lt;br&gt;Learn how to make smart food choices, including how to establish a balanced diet, focus on nutrient density and become a food-label expert.</td>
</tr>
</tbody>
</table>
WORKSHOPS
AND CLASSES

Registration for events and programs is online at www.gvsu.edu/sprout unless otherwise indicated.

PERSONAL & PROFESSIONAL DEVELOPMENT

Introduction to Mindful Eating
November 10, 3:00PM - 4:30PM
Room 2266, Russel H. Kirkhof Center

This hour and a half presentation will provide an introduction to the basic principles of Mindful Eating. The session will include mindful eating exercises and suggestions for how participants can bring mindful eating into their everyday life.

Introduction to Mindfulness
September 23, 3:00PM - 4:30PM
Room 2270, Russel H. Kirkhof Center
September 30, 3:00PM - 4:30PM
Room 303C, Richard M. DeVos Center

This hour and a half introductory workshop will provide an overview of the history and research as well as exercises and suggestions for how participants can bring mindfulness into both their personal and professional lives.

Interpersonal Mindfulness
October 8, 12:00PM - 1:30PM
Room 2270, Russel H. Kirkhof Center

Participants will learn how to develop an interpersonal mindfulness practice to cultivate their abilities to be more present, kind, and responsive in the moment with the self and others.

Introduction to Mindful Parenting
December 3, 12:00PM - 1:30PM
Room 2270, Russel H. Kirkhof Center

Parenting is full of joys and challenges and can produce a considerable amount of stress for everyone involved. Learn how to take responsibility for your own behavior and how to start over in each moment of the parenting journey!

Programs approved for PSS Development Credit

All mindfulness workshops presented by Carol Hendershot and April Hadley of the Grand Rapids Center for Mindfulness.
WORKSHOPS AND CLASSES

Registration for events and programs is online at www.gvsu.edu/sprout unless otherwise indicated.

**Making Meetings Produce** <br>Excellence Series <br>September 16, 8:30AM - 11:30AM <br>Room 2266, Russel H. Kirkhof Center <br>September 16, 1:00 PM - 4:00 PM <br>Room 123, Cook-DeVos Center for Health Sciences <br>Presented by Tim Smith, Training Consultant. <br>It’s Tuesday at 10:00AM—does anyone know why we are meeting? How do we ensure the 70% of time professionals are in meetings is spent wisely? In this program, learn what situations are appropriate for meetings and which are not and how to craft environments for productive work and explore basic tools for capturing group ideas, decisions, and actions.

**Career Competencies 101** <br>October 12, 9:00AM - 11:00AM <br>Russel H. Kirkhof Center 1142 <br>October 13, 12:00 PM - 2:00 PM <br>Richard M. DeVos Center 302E <br>This “boot camp” style workshop challenges attendees to honestly assess their career competencies quotient. The program is designed to inspire professionals to abort “blame,” mitigate counterintuitive thinking, accelerate potential and activate a strategic plan for improving Performance, Professionalism, “Promotability,” and Personal Accountability. Presented by Kim Monaghan, Human Resources Career Services for Faculty and Staff.

**Transgender Basics and Best Practices for a Trans-Inclusive Campus** <br>Excellence Series <br>October 6, 1:00PM - 4:00PM <br>Room 2266, Russel H. Kirkhof Center <br>Presented by Dr. Emily Nisley, Associate Professor/Counselor, Counseling & Career Center, GRCC <br>This workshop will raise participants’ awareness of a spectrum of transgender identities and expressions, as well as common issues faced by trans students and employees. Participants will gain knowledge of relevant best practices and of current policies and resources at GVSU and build skills to foster more trans-inclusive living, learning, and work spaces on campus.

**Bias Incident Protocol Training** <br>Excellence Series <br>October 13, 3:30PM - 5:00PM <br>Room 340, The Bicycle Factory <br>November 11, 3:30 PM - 5:00 PM <br>Room 2270, Russel H. Kirkhof Center <br>Presented by members of the GVSU Team Against Bias (TAB). 
What is a bias incident? What do I do if I experience or witness one at GVSU? The Team Against Bias (TAB) is a diverse group of faculty, staff and students at GVSU created to review information regarding bias incidents and implement strategies to educate and engage the campus community. TAB is committed to making certain that all faculty, staff and students know what a bias incident is and how to use the protocol for reporting such incidents. This training is both interactive and practical.
Projecting a Professional Presence  
Excellence Series  
October 22, 9:00AM - 12:00PM  
Room 340, The Bicycle Factory

Presented by Rob Pocock, Communications Professional/Executive Coach.

Effective communication skills are critical for success in today’s organizations. Skilled professionals know that face-to-face communication involves three channels: words (what you say), tone (how you say it), and look (body language and context). Communication expert Rob Pocock will explore the importance of aligning all three channels. Participants will complete a number of hands-on activities to add power to their interpersonal interactions.

Creating a Culture of Commitment  
Excellence Series  
November 4, 9:00AM - 11:00AM  
Room 2266, Russel H. Kirkhof Center  
November 4, 1:00 PM - 3:00 PM  
Room 123, Cook-DeVos Center for Health Sciences

Presented by Mitzi Taylor and Cindy Daniel, Not So Basic Training.

Gallup studies show that only a third of a company’s employees are truly “engaged” – enthusiastic, go-getters who are dedicated to the success of the business. So how do you get the rest of your staff to take ownership and initiative? This session is geared to leaders who are trying to create a culture of commitment in their organizations. Success stories, specific examples, and practical techniques will provide leaders with some immediate ideas to implement.

Turning Your Inner Critic into a Career Champion  
Excellence Series  
November 17, 8:30AM - 11:30AM  
Room 2266, Russel H. Kirkhof Center

Presented by Kim Monaghan, HR Career Services for Faculty and Staff Consultant.

If your inner critic provokes self-defeating questions, it can wreak havoc on your career. But if managed correctly, this inner “voice” can ultimately drive positive change. Acknowledging why and where we get stuck and developing ways to initiate positive change will elevate our career confidence. In this workshop, we’ll explore how to expose the inner critic’s fraudulent behavior and re-frame this voice to boost confidence, motivation and professional success.
Dealing with Difficult People

Excellence Series

December 8, 8:30AM - 11:30AM
Room 2270, Russel H. Kirkhof Center

December 10, 1:00 PM - 4:00 PM
Room 340, The Bicycle Factory

Presented by Joan Epperson, President of Global Business Solutions & Associates.

Successfully managing difficult conversations and difficult people comes from understanding how we behave, as well as how we can influence others. If we approach each situation with a plan, we will typically find that we have less difficult people to deal with. In addition we experience more meaningful and significant conversations. By participating in this interactive workshop you will develop tools and techniques for turning difficult situations into opportunities for growth!

During this workshop, participants will enhance their skills and competencies by:

- Understanding who they are, their communication style and the value of the styles of others
- Recognizing how their attitudes and actions impact others
- Developing/enhancing effective techniques for dealing with difficult people
- Developing/enhancing techniques for managing and dealing with anger
- Developing coping strategies for dealing with difficult people and difficult situations.

Benefits Information Center

The Benefit Information Center is a convenient online location to get answers to questions that you may have in regards to your benefits. It is also a convenient way to get access to information that you will need to help you make an informed decision on your benefit options. Go to www.gvsu.edu/healthwellness and click on Benefits.

Faculty and Staff Area Discounts

GVSU faculty and staff qualify for a number of discounts on merchandise, services and programs in West Michigan including vision services, fitness centers, car services, cell phone providers and more! Check out our website for a complete list.
Encompass & Work Place Options

Encompass is GVSU’s employee assistance program. Faculty, staff, and their dependents have access to five free counseling sessions with a trained and licensed professional counselor. All visits are strictly confidential and can be set up by calling Encompass directly at 1.800.788.8630. Encompass is available to help with life’s stressors including marriage and relationship challenges, parenting, anxiety, depression, and more.

Work Place Options, through Encompass, is a resource referral service for most any life event - from womb to tomb - that faculty and staff will likely encounter during their career here at GVSU. Financial services include a one hour consultation with a financial planner. Faculty, staff, and their dependents are eligible for a half hour free legal service consultation with an area lawyer and 25% off future visits if the lawyer is retained. Work Place Options provides free resources and referrals to elder care programs and facilities nationwide. WPO will conduct a tailored search for a child care provider in your area that meets your needs. Looking for someone to clean your house, pet sit, or help make travel arrangements? WPO, Convenience Service will assist you in finding the help that you need for most any service. For more resources and referrals call 1.800.788.8630.

Visit www.gvsu.edu/healthwellness for a complete listing of services available through GVSU Work Life Connections. Visit the Encompass website, www.encompass.us.com (password: GVSU) for a wealth of information on life’s every day challenges. For further information and referrals contact Sue Sloop at sloops@gvsu.edu.

GVSU Fitness Facility Tours

Want to go to the gym but afraid you’ll get lost inside? Every third Monday of the month tour the highlights of the GVSU Fieldhouse. Register online at www.gvsu.edu/sprout. Tours leave from the Recreation Center front desk at 12:00PM and 1:00PM.

On the Pew campus and want a tour of the CHS Fitness Stairwell or Winter Hall Fitness Room? Email welintrn@gvsu.edu to set up a time.

Priority Health Services

Priority Health works with you to maintain good health. A variety of free resources are available to all GVSU faculty, staff and families including Care Management, Health Coaching and Wellness services. Connect with Priority Health today by visiting www.priorityhealth.com.

Weight Watchers at Work

Thursdays: Allendale 12:00PM - 1:00PM Join anytime!

Learn how to eat right and live healthy. Health and Wellness continues to offer up to $120 taxable incentive for participation in the on-campus series. Register anytime. Visit the Health and Wellness website for GVSU log-in information.
Caring for Someone with a Memory Problem

Are you concerned about yourself or someone you care for who you think might have a memory problem? Or do you help care for someone with a memory problem like dementia? If you have questions about how to navigate the maze of diagnosis, decision making or care of someone with a memory problem, we have resources here for you at GVSU. Dr. Cindy Beel-Bates and Dr. Rebecca Davis are both faculty at the Kirkhof College of Nursing, and have years of experience in caring for persons with memory problems.

Elder Care Resource Specialists

Two elder care referral experts in the West Michigan area are available to help you and your family find senior care resources. Elder care professionals help navigate the application process for veteran’s benefits, Medicaid, and Medicare and assistance with any elder care need. This service is free for GVSU Faculty and Staff.

Listed below is the contact information for the elder care specialists.

**AgeWise**
Michelle Herron
BS in Public Administration from GVSU and Certified Dementia Practitioner
(616) 690-4572
info@AgeWiseSenior.com
www.agewisenseniorman.com

**Crossroads Eldercare Planning**
Elizabeth Harrell
BS from MSU, President of the Council on Aging and Secretary for the West Michigan Healthcare Network
(616) 485-3365
elizabeth@crossroadselderplan.com
www.crossroadselderplan.com

If you would like to ask them a question by email or phone, or even sit down with them and talk about a situation, you may contact Dr. Cynthia Beel-Bates at beelbatc@gvsu.edu or Dr. Rebecca Davis at davirebe@gvsu.edu. If you would like to gain more information on care-giving go to the Alzheimer’s Association website at www.alz.org or to Caregiver Resource Network here. Contact Sue Sloop, GVSU Health and Wellness Work Life Consultant at sloops@gvsu.edu for further information on free literature and resources for elder care resources.
What Daddies Do Best

September 24, October 29, and December 10, 
12:00PM - 1:00PM  
Room 2264, Russel H. Kirkhof Center

*My father used to play with my brother and me in the yard. Mother would come out and say, “You’re tearing up the grass.” “We’re not raising grass,” Dad would reply. “We’re raising boys.”*  
~ Harmon Killebrew

A Dads Group is a great place for finding resources. We each have our own set of issues, stressors, and problems to survive daily. Sometimes it can all be overwhelming, to say the least. But when you attend a dads support group, one thing does become incredibly clear... You are not alone, all of us have similar issues to deal with. Join other GVSU dads or grandfathers for interesting, lively, and humorous discussions on being a father!

What Mommies Do Best

Meets the third Wednesday of every month, 
12:00PM - 1:00PM  
Room 1012, James H. Zumberge Hall

*You know your life has changed when going to the grocery store by yourself is a vacation.*

Come meet other moms who are working through the same challenges you are. Bringing new life into the world is quite a life-changing experience and definitely not easy for most. Caring for children of all ages and balancing work is an on-going dilemma. This group is for you to be supported, for you to ask questions and share resources. All new and experienced moms welcome whether it’s your first, your fifth, or your grandchild.
Cancer Warriors Circle - Start Exploring and Feel Better

Here is a group where you can explore ways to feel better and to talk to people just like you: patients, survivors, caregivers, friends, and family. Every conversation is facilitated by Ingrid Johnson, cancer survivor and GVSU Movement Science faculty member and Sue Sloop, former cancer caregiver and GVSU Health and Wellness work life consultant. Coping with cancer is about more than just treating the disease; it’s about overcoming all of the challenges that come with the diagnosis. Share, get support, and feel better. Please join us on the following dates:

<table>
<thead>
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<th>Date/Time</th>
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<tbody>
<tr>
<td>September 17, 12:00PM - 1:00PM</td>
<td>Room 1012, James H. Zumberge Hall</td>
<td>Welcome Back!</td>
</tr>
<tr>
<td>October 14, 12:00PM - 1:00PM</td>
<td>Room 302E, Richard M. DeVos Center</td>
<td>General Discussion: Cancer Diagnosis/Treatments/Resources</td>
</tr>
<tr>
<td>November 17, 12:00PM - 1:00PM</td>
<td>Room 1012, James H. Zumberge Hall</td>
<td>Speaker: Essential Oils in the Treatment of Cancer</td>
</tr>
<tr>
<td>December 8, 3:00PM - 4:00PM</td>
<td>Room 302E, Richard M. DeVos Center</td>
<td>General Discussion: Survivorship</td>
</tr>
</tbody>
</table>

All event dates and times are subject to change. Please visit our website for up to date information on programming.

331-2215  healthandwellness@gvsu.edu