



Healthy Niagara

Welcome!

We hope you enjoy our first edition of Healthy Niagara.

What is Healthy Monday at NU?

Healthy Mondays at NU is a new collaborative effort of the Student Health Center, Counseling Center, Kiernan Recreation Center and Sodexo. Our mission is to encourage healthy behaviors within our Niagara community: students, staff and faculty. Individuals who commit to making small positive changes within their daily routines every Monday are more likely to maintain these habits throughout the week. Healthy Monday programming will encourage behavioral changes in an individual's physical, mental and spiritual health.

The Healthy Monday campaign is a national movement backed by leading public health schools that dedicate the first day of every week to health. Why Monday? It's the January of the week, the perfect time for a fresh start. People are more likely to begin exercising, start a diet or quit smoking on Monday than any other day of the week. It's a call to action built into every calendar-offering 52 chances a year to live a longer, healthier life. Click here for more information on how to start your healthy Monday program [Participate-in-the-Healthy-Monday-Campaign](#)





MOVING MONDAY CAMPAIGN-Walking Coaches Wanted

Mile Monday Campaign allows our NU community to join together enjoying the beauty of campus during a brisk lunchtime walk. We are currently seeking highly motivated individuals interested in becoming a walking coach. All it takes is a desire to get up and moving during your lunch break. You pick the Monday and we share with you our designated NU mile walking paths. To sign up at <http://www.mondaycampaigns.org/join.html>



MEATLESS MONDAY CAMPAGIN

Help decrease your carbon footprint and our dependency on fossil fuels by removing meat from your diet just one day a week. Pledge to join our Meatless Monday campaign today and receive helpful cooking tips and meatless recipes <http://www.meatlessmonday.com/join-the-movement/>



MINDFUL BY SODEXO

It's as easy as scanning the barcode! Join us for a free lunchtime session and learn more about our new Mindful choice menu and how to track your nutritional intake through the use of the popular MyFitnessPal app. Hosted by Sodexo on September 24,11-12 MPR and October 2, 12-1 MPR.

KIERNAN CENTER MEMBERSHIP &WELLNESS HOURS

All university employees are invited to use the Kiernan Center facilities free of charge from 11 a.m. to 3 p.m. every day of the week. This service is done to promote health and wellness for the University community. Employees may purchase a membership if



In the Community

Kiernan Recreation Wellness Hours

Daily from 11am-3 pm

Weight Watchers at Work

Every Wednesday 12pm

Clet 102

Mindful by Sodexo

September 24,11-12 MPR

October 2, 12-1 MPR

Mental Illness Awareness Week

October 6-12

Depression Screening

DePaul 135 12-6 pm

Flu Shot Clinic

October 16, 2013

3 pm-6 pm MPR

Be Prepared for the BUG.
Get your flu shot early.

they wish to use the facility outside of wellness hours. For your convenience, membership payments can be conducted through a payroll deduction. Forms for the authorization of a payroll deductions are available in the Human Resources Office. Kiernan Center Hours: Entire facility is open for use with exception of pool. There are times due to scheduled programs that some areas may be closed.

WEIGHT WATCHERS AT WORK PROGRAM - Beginning Sept 11

The Weight Watchers at Work program for the fall session will start up on Wednesday, Sept. 11, at 12 p.m., in Clet 102. As in the past, employees will be reimbursed 50 percent of the cost of the program if they attend at least 80 percent of the meeting.

We will also extend this offer to family members of employees who join and attend Weight Watchers. They do not have to attend the meetings here at NU but will have to provide proof they attended at least 80 percent of the meetings at another location. Of course, they are always welcome to attend and join the at-work program as well. In order for family members to qualify for the refund, they do have to be a dependent on the NU health insurance plan.

Contact Rita Geiben, rgeiben@niagara.edu. We need 15 participants in order to continue the meetings here on campus.

FLU SHOT CLINIC- Oct 16

Independent Nursing Care will host our annual flu shot clinic on Wednesday, Oct.16, from 3-6 p.m. in the lower level Gallagher Center, multi-purpose room. All NU students, employees, and family members are invited to attend. Insurance cards must be presented at time of service. Please check out the Health Center website at <http://www.niagara.edu/healthcenter/> for a list of accepted insurances. Cash payment for vaccines will also be accepted at the following cost: \$25 flu shot, \$35 flu mist. Questions may be referred to student health services at ext. 8390.

More Important News

MENTAL HEALTH AWARENESS WEEK- Oct 6-12

Look for our campus wide programming events this week aimed at bringing increased awareness to this often silent illness through community outreach, education and advocacy. Supported by the offices of counseling services, health services and active minds.

NATIONAL DEPRESSION SCREENING DAY- Oct 10

Held annually during Mental Illness Awareness Week in October, NDSD raises awareness and screens individuals for depression and related mood and anxiety disorders. Help remove the stigma associated with this illness by stopping by our screening booth or consider bringing a friend so you may both be screened. Brought to NU as a collaborative effort of Active Minds, Psychology department, Counseling Services, Health Services and Mental Health Association in Niagara County.