All Staff All Stars: Friday, June 3rd
The HSC ALL STARS event will be on the HSC Plaza from 11AM-1PM. There will be food, drinks, live music, yard games, a silent auction, and raffles. Come see what all the excitement is about!
All Staff All Stars Fayr

Be A Wellness Ambassador!

UofM Employee Wellness is looking for UofM Staff and Faculty to join its Wellness Ambassador Program as the program opens its 3rd year. Wellness Ambassadors are employees who, through their enthusiasm and positive motivation, promote positive health behaviors in their co-workers, colleagues, and the broader University community. The Wellness Ambassadors Program is an ongoing initiative of the University of Minnesota Wellness and Health Promotion Department, promoting health and wellness among coworkers. Contact Lauren Lewis, Health Education Specialist, UofM Employee Wellness, for more information about the program and how to apply. (507) 272-3896
luciew@umn.edu

International Day of Yoga — Thursday, June 23rd
Celebrate International Day of Yoga! Employee Wellness and Recreational Services are hosting a free Yoga Class at Doreen’s West Room 373. The class will be conducted by Yoga Instructor, Emma Jones from 12:00PM and 12:45PM and is open to all. Space is limited so be sure to show up early and bring your own mat and hydration.

HSC Staff Committee Open House — Thursday, July 7th
This year, you’ll be able to meet some other people across campus and create some positive change! The HSC Staff Committee is hosting an open house on Thursday, July 7th from 11:30AM-2:00PM in Doreen’s West Room 373. Come and see what this committee is planning for the next year and how you might fit in. Come meet our amazing members!

Recognizing HSC Staff PALS Nominees

Lyne Lapidus, Program Coordinator– UofM Health Systems-Mission Excellence Coordinator. Lynne is a dedicated member of our staff team and is passionate about providing quality care for our aging population, doing good work, enriching knowledge, and loving diversity to name a few characteristic.

Lynne works with health systems leaders, faculty and staff to coordinate faculty coach visits every semester to the HSC, helping to bring everyone with the utmost respect.

People Appreciate Wonderful Staff—PALS—Friday, June 28th
The UofM Staff CFA’s PALS award is presented each month to one staff employee who provides exceptional service to the University. This employee exemplifies University values and shows initiative outside of their job scope. The deadline for nominations is the last Friday of each month at 5:00PM.

Lobo Cancer Challenge — September 8th
Help to Launch Cancer! Each of know someone who has been affected by cancer. Honor those who have lost their battle, support those facing cancer today, and celebrate those who have overcome. Join the Lobo Cancer Challenge. Bicycle 100, 50, or 25 miles. Bike or walk in the 5k. Register at LoboCancerChallenge.org

Lobo Cancer Challenge Fundraiser

HSC Book Club: Everyone Welcome! Thursday, June 28th
HSC Book Club will discuss MADELYN by Lucy Barton. A Memoir by Elizabeth Strout on June 28th.

Meditation and Relaxation Group — Tuesdays
A guided meditation, relaxation and imagery group to ease stress and improve coping. Open to patients, loved ones and staff, located at the UofM Comprehensive Cancer Center—Mediation Rooms, 2nd Floor

Meditation Group Mondays & Fridays
The group meets Mondays and Friday from 1:00-1:30pm in Room 2433 in the North Building in the Department of Health Sciences Education—just down the hall from the Anxiety Lab. Faculty, staff, and students are welcome to attend. This group involves meditation and is open to all who want to learn to meditate. Everyone can come late or early, if need be.

HSC Yoga Flow Run June 5th—July 8th
HSC Yoga Flow, free to all HSC students, faculty, and staff, begins with stretches, then continuous poses and ends with meditation. The classes are held on Tuesdays and Thursdays. Tuesday events is in a Domestic North room 370 B. Check digital location on any floor for Thursdays locations. All levels welcome, please bring a mat. It’s okay to quietly arrive a bit late or early.

Check out the HSC Office Supply Exchange!
What do (a) telephone, an adding machine, and clip cards for small print have in common? They are all free for the taking in the Office Supply Exchange. Right now there are also salt shakers and transparent clip cards, binders, and organization tools. Take what you like and bring your gently used stuff for the next round.

Did you know that UNM SHAC offers services to employees as well as students?
Go to SHAC, located between Mesa Vista Hall and Johnson Hall, for: (1) international travel assistance to help you fill prescriptions, and (3) $40 massages! Call 273-3516 for more information.