JUNE 2022

Diabetes Prevention Program (DPP) Info Session

The next cohort of the DPP program begins on Thursday, July 28. Now is the time to register for an upcoming info session (in June and July). The Fall 2022 group sessions will be offered virtually via ZOOM from Noon-1:00 p.m. The first step to enroll in DPP is to attend an “Info Session” where you will learn about the program and the eligibility requirements to participate. Register now in Employee Self-Service > My Training. To find the sessions, search "liveWELL: Diabetes Prevention Program. Questions? Email livewell@uiowa.edu.

liveWELL Training Sessions* via ZOOM
*All class times are 12:10-12:50 p.m.

- **liveWELL Juggling It All: Health Coaching for Busy Families** – 3 sessions – Tuesdays June 7, 14, and 21
  Juggling work and family life can be overwhelming and our own needs can too easily be put on the back burner. Attend this three-part series to identify quick wins for self-care and emotional well-being. Topics include nutrition on-the-go, adjusting your mindset, getting active when your time is limited, and resilience strategies. Participants may attend one, two, or all three sessions.

- **liveWELL Caregiving Transitions Assessment** – Wednesday, June 15
  While we all age, the aging process is relative to numerous life variables that impact each of us at different rates. Regardless of where your aging parents are on the aging spectrum, there is a senior-living community that is designed to meet their lifestyle and care needs. Join Rhonda Halterman, Founder and Owner of LivWell Seniors, to learn about different living and care options, placement requirements, and costs to ensure you and your parents are making informed decisions for their situation.

*Register for liveWELL training sessions in Self Service, My Career, My Training. Search Course Title “liveWELL”.

Summer Campus Wellness Scavenger Hunt

liveWELL is teaming up with the Pentacrest Museums to explore some of the beautiful green spaces and trees featured on our UI campus. As you participate in the scavenger hunt this summer, you’re also encouraged to participate in the monthly Pentacrest Museum Tree Tours! Learn more about the diversity, beauty, and stories of trees on our campus - and three stops on the Tree Tours are also on the scavenger hunt! Learn more at the liveWELL website and register for the program in your My liveWELL Portal.

2022 PHA and Recharge+ – My liveWELL Portal

Log in to your My liveWELL Portal (in Self-Service, Benefits & Wellness) and take your 2022 PHA and check out a new program called Recharge+. This validated assessment provides a snapshot of your resilience and provides immediate feedback on how you can improve with text messages in three key domains: reset, rethink, reconnect. Opt in for this program and schedule the time of day to receive your text messages. Learn more and hear a personal testimony about the power of this program at the liveWELL website.

liveWELL inspires a culture of well-being and campus excellence, providing employees with the opportunity to thrive.