Wellness In-Services for UND (10-60 minutes)

Physical & Emotional Wellness:
Contact: Steph Hoffman, Wellness Center, 701-777-2943, Stephanie.hoffman@email.und.edu for the following:
- De-stress with basic stretch
- Weight lifting basics
- Keeping in shape at any size (physical activity guidelines)
- Deskercise
- Debunking Exercise Myths

Contact Sue Thompson, 218-230-3920 sue.thompson@co.polk.mn.us for the following:
- Laughter yoga (there is a cost that Work Well will pay for one group of at least 10 one time a year)

Physical Wellness (including Nutrition):
Contact: Karina Wittmann, LRD, Wellness Center, 701-777-0769, karina.wittmann@und.edu for the following:
- Carbohydrates 101
- Packing Healthy Lunches
- Protein Power
- Reputable Nutrition Websites
- Smoothies and Omega-3s
- Vitamins and Minerals, A to Z
- Fuel Up: Eating Well When on the Go
- Soak it Up: Diet Trends and Fads
- Strategies to Feel Energized at Work

Contact: Molly Soeby, NDSU Extension, 701-780-8229, molly.soebys@ndsu.edu for the following:
- Nourishing Boomers and Beyond (sessions on: brain, stress, muscles, heart, eyes, skin, bones & joints, digestive system, medication, pre-diabetes, and the immune system). Most sessions include recipes and some include food sampling.

Intellectual Wellness:
Contact Kirsten Zachman-Schommer, Wellness Center, 701-777-0212, kirsten.zachman@und.edu for the following:
- Information about memberships and facility reservations at the Wellness Center

Contact Amy Nitschke, 701.323.2131, Amy.Nitschke@SanfordHealth.org, for the following:
- Sanford wellness programs
- Fitness Center Reimbursement Program

Contact Kim Ruliffson, Work Well, 701-777-0210, kimberly.ruliffson@und.edu for the following:
- Overview of worksite programs (including Work Well, NDPERS programs, EAP and Sanford programs)

Occupational Wellness:
Contact the Health and Wellness Hub, 701-777-2097, und.hwhub@und.edu for the following provided by the Healthy UND Coordinator:

Updated: 7/23/2015, Saved at: S:\Wellness - Admin\Work Well\Ambassador Information\Ambassadors 2015-2016\Forms\UND Presentations and Demos for 2015-2016
• Tobacco FREE for UND: Learn quit options, employee benefits, tips and strategies to help with quit success and more about UND’s tobacco free campus policy.

Contact Tearnie Braaten at the Office of Safety, 701-777-3226, tearnie.braaten@und.edu for the following:
• Ergonomic and/or assessments

Contact Kim Ruliffson, Work Well, 701-777-0210, kimberly.ruliffson@und.edu for the following for the:
• Lactation Policy and Mothering Rooms
• Supervisor training on wellness programs at UND

Emotional and Spiritual Wellness:
Contact Lora Sloan, University Counseling Center, 701-777-2127, lora.sloan@und.edu for the following:
• Mindfulness

Environmental Wellness:
Contact Kim Greendahl, City of Grand Forks, 701-738-8746, kgreendahl@grandforksgov.com for the following:
  o Greenway of Greater Grand Forks – updates, information and events.

Multi-dimensional wellness:
Contact Kim Ruliffson, Work Well, 701-777-0210, kimberly.ruliffson@und.edu for the following:
  o Setting health/wellness goals and sticking with them
  o A 5 minute or less stretch at a meeting (can provide multiple for the year)
  o Dream big: creating your bucket list

Other topics by request.