Deans for Wellness: 2012-2013

This initiative was championed by the Associate Vice President for Academic Affairs, Steve Light, to foster top-down leadership support for healthy living via the ten Deans at the University of North Dakota. The hope for the Initiative is three-fold: to outreach to university faculty and staff with leadership-inspired multi-dimensional wellness efforts; to develop an innovative health and wellness initiative as part of the Exceptional UND strategic priority to enhance the quality of life for faculty and staff; and to invoke more faculty participation in worksite wellness.

College of Arts and Sciences, Interim Dean Kathleen Tiemann
- Wellness Dimensions: physical, social, spiritual, occupational, environmental, intellectual, & emotional
- Dean Tiemann hosted a 4 week Super-BOWL Challenge for employees to track physical activity (steps) and 7-dimensional wellness activities to earn "bowling pins".

School of Law, Dean Kathryn Rand
- Wellness Dimensions: physical and social wellness
- Staff, faculty, students and family members participated in the Green Gallop Homecoming Race. Dean Rand gave $50 back to the Law School for every staff and faculty and $25 for each student who participated.

College of Engineering and Mines, Dean Hesham El-Rewini
- Wellness Dimensions: physical, spiritual, occupational, environmental, intellectual, and emotional
- The Dean provided a 3-prong program starting with an e-mail to all staff and faculty to encourage them to participate in wellness activities offered to enhance their quality of life. The activities were open to staff and faculty and included: two wellness seminars (repeated twice) about “UND Wellness Benefits” and “Healthy Eating Out”; ergonomic assessments for all departments and chair massage for two days.
College of Nursing and Professional Disciplines, Dean Denise Korniewicz
- Wellness Dimensions: physical, social, emotional and intellectual wellness
- Dean "K." and a committee of staff and faculty in the College (Nursing, Social Work and Nutrition and Dietetics) organized “Dancing with Denise” for employees to meet and “get their groove on” including dance instruction, movement and healthy snacks.

College of Aerospace, Associate Dean Paul Lindseth
- Wellness Dimensions: intellectual and emotional wellness
- The Associate Dean connected with a staff member to provide CPR/AED certification class at the Odegard School for employees.

College of Education and Human Development, Interim Dean Dennis Caine
- Wellness Dimensions: intellectual, occupational, emotional, spiritual and physical wellness
- The Dean of the College of Education and Human Development welcomed the entire campus community (staff, faculty and students) to attend the Deans for Wellness Initiative Lecture series featuring faculty members sharing their expertise in health and wellness topics and physical movement during each lecture.

College of Business & Public Administration, Dean Dennis Elbert
- Wellness Dimensions: physical, emotional, spiritual, intellectual and occupational
- The Dean’s office planned a “Wellness Week” for staff and faculty with activities every day including: gentle yoga and yogurt, healthy lifestyles workshop with a healthy lunch, a stress management workshop, and “Cycle with the Dean” at the YMCA. A workplace wellness seminar and chair massage was also planned, but the University was closed because of weather.
School of Medicine and Health Sciences, Dean Josh Wynne

- Wellness Dimensions: physical and social wellness
- Students, faculty, staff and community members joined the Dean for “Joggin’ with Josh”, an informal 5K or 10K walk, jog or run.

School of Graduate Studies, Interim Dean Wayne Swisher

- Wellness Dimensions: physical (nutrition), social, and intellectual
- The Dean hosted a retreat at the Wellness Center and the lunch program included a healthy meal with a nutrition presentation from the university dietitian.

Dean of Students, Dean Cara Halgren & Division of Student Affairs, Lori Reesor

- Wellness Dimensions: physical, social, emotional, environmental, spiritual, intellectual & occupational
- The Student Affairs professional development committee provided a 4 week Wellness-At-Work challenge to encourage 15 minutes of cardiovascular activity and one multi-dimensional wellness activity each day of the week using a BINGO theme.

For more information, visit the University of North Dakota’s Work Well program at: www.und.edu/workwell or directly for this initiative at: http://und.edu/health-wellness/workwell/deans-for-wellness.cfm or contact: 701-777-0210.