

OCTOBER 2026

WELL
NESS

COUGARS WELLBEING

Newsletter

PHYSICAL

OCCUPATIONAL

FINANCIAL

ENVIRONMENTAL

EMOTIONAL

CULTURAL

SOCIAL

A Word from Dr. Nic

HOPE AND HEALING

As autumn arrives and the season invites us to slow down, October reminds us of the importance of caring for ourselves and one another. During Breast Cancer Awareness Month and Domestic Violence Awareness Month, we recognize those impacted and encourage everyone to take meaningful steps toward health, safety, and support.

Take time this month to check in with yourself, prioritize your wellbeing, and remember that seeking support is a sign of strength. You don't have to navigate difficult moments alone, reaching out is a strength. May October be a gentle reminder to nurture your health, embrace the beauty of the season, and create space for hope, healing, and meaningful connection.

Fall Biometric Screening Events

Knowing key health numbers such as your blood pressure, cholesterol, and blood sugar can help you better understand your overall health and have more informed conversations with your healthcare provider.

We will host three additional Biometric Screening events this Autumn Semester. Sign up for an appointment on October 28, November 5, or December 10. Details on page two.



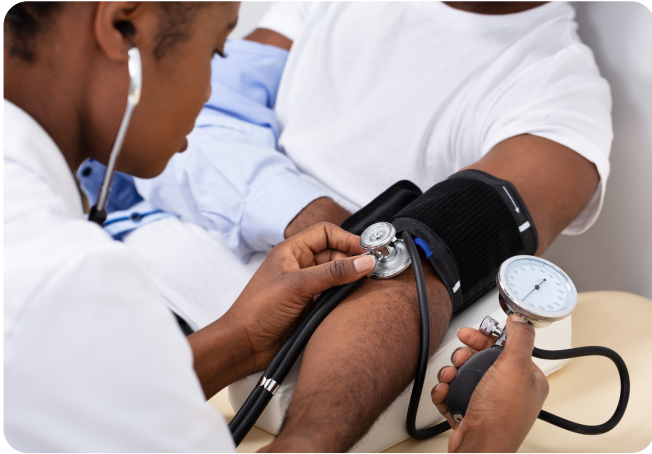
WHAT'S INSIDE

- Page 2 - Fall Screenings & More
- Page 3 - Wellbeing 360 Sessions
- Page 4 - Engagement & Rewards
- Page 5 - Eat Well & Move Well
- Page 6 - Wellbeing Resources



FALL SCREENING EVENTS

Unable to get a Biometric Screening at the Know Your Numbers Health and Wellness Fair? Sign up for an appointment at the October, November, or December screening days.



Open Screening Dates

- **October 28, 8:00 a.m. to 3:00 p.m., WD 412**
- **November 5, 8:00 a.m. to 12:00 p.m., Delaware Campus**
- **December 10, 8:00 a.m. to 3:00 p.m., WD 412**

REGISTER NOW

BREAST CANCER AWARENESS MONTH

Approximately **13 percent of the female population** in the US will develop breast cancer in their lifetime. On average, a woman is diagnosed with breast cancer **every 2 minutes** in the US (**National Breast Cancer Foundation**).

Spread the word, raise awareness for breast cancer, and share the following resources:

- **“Physician Blog: What I Wish I Had Known Before My Breast Cancer Diagnosis”** - OhioHealth
- **“What to Know about Dense Breast Tissue and How it Affects Cancer Screenings”** - OhioHealth
- **“Her Silent Risk: All Things Breast Cancer”** - OhioHealth “The Wellness Conversation” Podcast Episode

DOMESTIC VIOLENCE AWARENESS MONTH

Content Warning: Information on DV, assault, and stalking

An average of 24 people per minute are victims of assault, physical violence, or stalking by an intimate partner in the United States, which equates to **more than 12 million women and men over one year** (DV Awareness Project).

Find resources and toolkits on the **Domestic Violence Awareness Project website**.

WOMEN’S WELLNESS EDUCATION SESSION

October 21, 11:00 a.m. to 12:00 p.m., Virtual

REGISTER NOW

Learn how hormonal changes throughout life, from puberty to pregnancy to menopause, can impact overall health and wellbeing.

This session will explore strategies to support hormone balance through exercise, nutrition, preventive health screenings, and lifestyle habits. We’ll also discuss common hormone-related concerns and provide resources to help you thrive during every stage of life.

WELLBEING 360

October Sessions



Wellbeing 360 sessions give employees opportunities to focus on multiple dimensions of wellbeing, including physical, nutritional, emotional, and professional wellness. Explore what's available this month and choose the sessions that support your goals.

MOVE

5-Part Progressive Movement Series

[REGISTER NOW](#)

OCTOBER 6

Embrace equipment-free cardiovascular movements as a tool for mental clarity and physical vitality.

NOURISH

Comfort Foods with a Healthy Twist

[REGISTER NOW](#)

OCTOBER 1

Recipe: Creamy Tuscan Butter White Bean Skillet

Should I Avoid Gluten?

[REGISTER NOW](#)

OCTOBER 21

Separate fact and fiction when it comes to gluten and gluten-free diets.

CONNECT

Working Well

[REGISTER NOW](#)

OCTOBER 22

Learn how small shifts in your daily routines help create a workday that supports your wellbeing.

PROFESSIONAL WELLBEING

Everything DiSC® on Catalyst™

OCTOBER 12:

[REGISTER NOW](#)

OCTOBER 12 & 28

OCTOBER 28:

[REGISTER NOW](#)

Strengthen workplace relationships, collaboration, and engagement using personalized DiSC® insights.

Everything DiSC® Agile EQ™

[REGISTER NOW](#)

OCTOBER 30

Build emotional agility by learning to recognize what a situation needs and adapt your response.

DDI: Resolving Workplace Conflict

[REGISTER NOW](#)

OCTOBER 27

Learn to effectively address workplace conflict and enhance productivity, efficiency, and morale.

ENGAGEMENT & REWARDS

Explore the Wellness Portal

The Wellness Portal features a variety of wellbeing resources available to you in addition to the Engagement Program and Rewards Program tracking. Take time to explore all that the Wellness Portal has to offer, including the Discover section, which frequently updates with articles and podcast episodes tailored to your wellness interests and goals.

[Wellness Portal](#)

Rewards On-Demand Workshop

HEALTH LITERACY 101

Healthcare can be confusing. In this workshop you will build a working understanding of premiums, out-of-pocket maximums, when you should go to urgent care versus the emergency room, and more.

The workshop takes approximately 45 minutes to one hour to complete and includes videos and questions to test your knowledge.

Complete the Health Literacy 101 on-demand workshop to earn 25 points towards your Wellbeing 360 Rewards Program gift cards.



[On-Demand Workshop](#)

Engagement and Rewards Program activities are available to eligible full-time employees. Wellbeing resources and many activities throughout this newsletter are available to all employees.

EAT WELL + MOVE WELL

A good warm-up primes your body for movement by increasing your heart rate, raising body temperature, and preparing your muscles and joints for exercise. Before starting this month's workout, try this quick 4-minute mobility and activation series.

WARM UP

MOBILITY FLOW

Ten reps each:

- Cat-Cow
- Arm Circles
- Hip Circles
- Light Resistance Band Pull-Aparts

ACTIVATION

Thirty seconds each:

- Glute Bridge
- Squat to Overhead Reach
- Band Rows
- Bodyweight Reverse Lunges

BAND & BODYWEIGHT BURN (15 MINUTES)

Format: 40 seconds work and 20 seconds rest (2 Rounds)

Equipment: Resistance bands and bodyweight

1) Band Squat and Pulse: Place the band around your thighs and squat. Add small pulses in the final 10 seconds.

2) Band-Resisted Row: Stand on one side of band and hold other side, pull elbows back while squeezing shoulder blades together.

3) Reverse Lunge to Knee Drive: Alternate legs and drive the knee up as you stand. Add a band around your thighs for an extra glute challenge.

4) Plank Walkouts: Stand, then use your hands to walk out to a high plank, then walk your hands back in to stand again. Repeat with control.

5) Cardio Burst: Choose Power Step Touch (low impact) or Lateral Line Hops (high impact).

Recipe Feature

BAKED APPLE OATMEAL

Ingredients:

- 2 cups old-fashioned rolled oats
- 2 tbsp chia seeds
- 1 tsp baking powder
- ½ tsp cinnamon
- Pinch of salt
- 2 eggs
- 1 cup milk of choice
- ½ cup unsweetened applesauce
- ¼ cup pure maple syrup
- 2 tbsp melted butter (or coconut oil)
- 1 tsp pure vanilla extract
- 2 apples, diced
- ½ cup toasted walnuts, chopped

Directions:

Preheat oven to 375°F and lightly coat an 8x8 or 9x9-inch baking dish with cooking spray. In a large bowl, combine oats, chia seeds, baking powder, cinnamon, and salt. Add eggs, milk, applesauce, maple syrup, melted butter, and vanilla. Stir until well combined. Fold in diced apples and toasted walnuts. Pour mixture into the prepared baking dish and sprinkle with additional walnuts if desired. Bake for 30-35 minutes, or until the center is set. Let cool for 10 minutes before serving.



WELLBEING RESOURCES

One-on-One Wellness Consultations

Looking for personalized support? Schedule a **free Wellness Goal-Setting Consultation** with an OhioHealth Wellness Consultant to discuss your goals and identify practical steps for supporting your wellbeing. **Use this link to schedule your free Wellness Goal-Setting Consultation today!**



Brianna “Bre” Newman is an exercise physiologist and certified personal trainer with expertise in exercise, fitness, and wellness programming.

Brianna.Newman@ohiohealth.com



Paige Boyer has a background in health promotion and fitness and is certified in Mental Health First Aid. She brings experience in health education and individual wellness support.

Paige.Boyer@ohiohealth.com

Mental & Emotional Wellbeing

Emotional intelligence starts with emotional awareness. Practice the following steps to build emotional awareness:

- Notice how your body responds to emotions—pay attention to changes like tension, a faster heartbeat, or feeling restless.
- Keep track of emotional moments—jot down what happened, how you felt, and what may have caused the emotion so you can spot patterns.
- Pay attention to others’ cues—notice facial expressions, body language, and behaviors to better understand how others may be feeling.
- Practice mindfulness—take a few quiet moments to slow down, notice what you’re feeling, and create space before reacting.

[Explore Mental & Emotional Resources](#)

Financial Wellbeing

Do you have a debt that you have negative feelings about, such as paying on a car you don’t own anymore or an appliance that ended up being a lemon? Eliminating this debt first, even if it’s a low-cost loan, can improve your mental wellbeing and empower you to tackle the rest of your debt situation (BMI Federal Credit Union).

[Explore Financial Wellbeing Resources](#)

You support student success.

WE SUPPORT YOUR SUCCESS.

