



COLUMBUS STATE  
COMMUNITY COLLEGE

# Cougars Wellbeing Newsletter

November 2022 | Issue 27

## Table of Contents

**02** Virtual Classes & Observances

---

**03** Upcoming Events

---

**09** Workout of the Month

---

**10** Benefits of Stretching & Flexibility

---

**12** Activity of the Month  
*Movement Tracker*

---

**13** The Dish  
*Recipes Curated by AccelWELL*

---

**14** Your Wellbeing Advisory  
Committee

---



**Brussels Sprouts & Butternut Squash**  
*Warm up the fall mood with these tasty roasted veggies (Page 13)*

**OCTOBER  
RAFFLE WINNER:**  
Pyrex Dishes

**Erin Dwan-Baty**

*CONGRATULATIONS!*

# NOVEMBER

## Health Observances & Virtual Classes

<p><b>Bladder Health Awareness Month</b></p> <p>Urology Care Foundation (UCF)  <a href="https://www.urologyhealth.org">https://www.urologyhealth.org</a></p>	<p><b>Diabetes Month</b></p> <p>American Diabetes Association  <a href="https://www.diabetes.org/">https://www.diabetes.org/</a></p>	<p><b>Epilepsy Awareness Month</b></p> <p>Epilepsy Foundation  <a href="https://www.epilepsy.com/make-difference/public-awareness/national-epilepsy-awareness-month">https://www.epilepsy.com/make-difference/public-awareness/national-epilepsy-awareness-month</a></p>	<p><b>Family Caregivers Month</b></p> <p>Caregiver Action Network  <a href="https://caregiveraction.org/national-family-caregivers-month-theme">https://caregiveraction.org/national-family-caregivers-month-theme</a></p>	<p><b>Healthy Skin Month</b></p> <p>American Academy of Dermatology Association (AAD)  <a href="https://www.aad.org/public-public-health/awareness/campaigns/national-healthy-skin-month">https://www.aad.org/public-public-health/awareness/campaigns/national-healthy-skin-month</a></p>	<p><b>Pancreatic Cancer Awareness Month</b></p> <p>Pancreatic Cancer Action Network  <a href="https://www.pancan.org">https://www.pancan.org</a></p>
--	--	--	--	--	--

S	MON	TUES	WED	THUR	FRI	S		
Take advantage of the Virtual Class opportunities this month provided by Cerner Solutions in partnership with AccelWELL. select the link to join the live class the day of the event! A recording is available after the event by request only.								
		1	<a href="#">Class: Work-Life Integration</a> 1:00 pm EST	2	3	4	5	
6	7	<a href="#">Class: Infant Massage</a> 1:00 pm EST	8	9	10	11	12	
13	<a href="#">Class: How to Build Lasting Habits</a> 1:00 pm EST	14	15	<a href="#">Class: Cultivating Gratitude</a> 1:00 pm EST	16	17	18	19
20	21	22	23	24	25	26	*Event times are subject to change	

### Follow Us



"ACCEL\_WELL"



"ACCELWELL"



"ACCELWELL"

### Contact Us

Email: [coach@accelwell.com](mailto:coach@accelwell.com)

Your Coaches are here for you!

# NOVEMBER

*Time to be grateful and give thanks!!*

As we approach the Thanksgiving Holiday, it is an excellent time for us to take some time to reflect on those things we are grateful. Gratitude is good for your health!!

Gratitude is good medicine: [https://youtu.be/124EOKFu\\_22](https://youtu.be/124EOKFu_22)

*Dr. Nic*

## *Veterans Day*

Please join Columbus State Community College as we recognize our past & present Service Members of the U.S. Armed Forces in observance of Veterans Day 2022

### **Commemoration luncheon, Tuesday, November 8 from 11 a.m. to 1 p.m.**

Free for Columbus State military and veteran students, faculty, and staff. The luncheon will be held in Michell Hall, room 216 C, and will feature Randy Gardner, chancellor of the Ohio Department of Higher Education. [Register here.](#)

### **Coffee and bagels, Thursday, November 17 at 9 a.m.**

Free for Columbus State military and veteran students, faculty, and staff. The social event will be held in the Veterans Lounge, Delaware Hall, room 156. [Register here.](#)

Contact Information: Military & Veterans Services Office Delaware Hall Room 156 / Phone 614-287-2644

[militaryveteransservices@csc.edu](mailto:militaryveteransservices@csc.edu)

[Faculty & Staff Resources | Columbus State Community College \(csc.edu\)](#)

[Veterans Day 2022 | Military.com](#)

## *Native Americans*

Social determinants of health (SDOH) play an important role in the health and wellbeing of American Indian/Alaska Natives (AI/AN). They experience lower life expectancy and disproportionate disease burden because of inadequate education, discrimination in health service delivery, cultural differences, and poverty. Even though the passage of the [Affordable Care Act \(ACA\)](#) decreased the uninsured rate among AI/AN under the age of 65 from 44% in 2010 to 28% in 2018, the [AI/AN population continues to have the highest uninsured rate](#) compared to other populations.

Centers for Medicare & Medicaid Services - <https://youtu.be/I2EnR88gIZM>

We all play a role in advancing health equity for AI/AN communities.

Health disparities continue to impact the health and well-being of AI/AN communities. Understanding these disparities can better inform health equity efforts. Learn more: <https://www.minorityhealth.hhs.gov/NAHM/>

[Native American Heritage Month - Resources \(hhs.gov\)](#)



## Walk & Learn each Monday and Wednesday

You are invited to join **Walk & Learn** sessions each week. The sessions will allow you to have wellness discussions, do physical activity, and decompress with a group while enjoying the fall weather. The sessions are held every **Monday and Wednesday through November 9 at noon**. The walks begin at the corner of Cleveland Avenue and Grove Street in front of WD. (Put it on your calendar to have a reminder.) If you have questions, contact **Dawn Hockensmith**, College Recreation & Wellness specialist, at [dhockensmith@csc.edu](mailto:dhockensmith@csc.edu).

## Recreational Cooking Classes and More

[The Mix – at Columbus State \(csc.edu\)](#)

## LinkedIn Learning

The Organizational Development and People Analytics (ODPA) department has two new recommended pieces of training:

- [Uncover unconscious bias in recruiting and interviewing](#)
- [Communicating with confidence](#)

Other recommended courses are available on the [LinkedIn Learning page](#) or [click here](#) to sign into your account. If you need help with signing in, please use [these instructions](#) to get started or contact ODPA at [employeelearning@csc.edu](mailto:employeelearning@csc.edu) with questions.

## Matrix Tip

### Prioritize Productivity above Politics

Tension and conflict can adversely affect workplace productivity, which is why political discussions are typically avoided. They do arise, however, and when they do, the challenge is remaining civil to prevent a hostile work environment where someone can feel intimidated, harassed, ostracized, or even punished for their political views.

#### Tips:

- 1) Avoid inflammatory language, personal insults, and sweeping generalizations.
- 2) Agree to disagree.
- 3) Don't "rage" over politics.
- 4) Ask others nearby if they mind you talking politics. If they do, take the discussion to a more private area.

(The Matrix Monitor: [www.matrixpsych.com](http://www.matrixpsych.com))

You can register for webinars or view archived webinars through your member login at [www.matrixpsych.com](http://www.matrixpsych.com)

Go to <http://www.matrixpsych.com/Employee-Assistance-Programs/Employee-Resources.aspx>

-drop down to your company name

-click on the "Work & Family Resources" link to register

# 2022 Financial Wellbeing: Preparing you for expected & unexpected changes!

THU  
NOV  
17

## Voya Financial

**Personal Finance Basics: By Barnett McGowan JD**

**12:00pm EST**

This seminar explores concepts like net worth, net income, budgeting and balancing debt.

[PersonalFinance](#) (click to join)

WED  
NOV  
30

## BMI Federal Credit Union

**Understand and Improve Your Credit Score**

**11:00am EST Via Zoom**

[Click Here to Join Zoom Meeting](#)

Meeting ID: 836 8456 2980

Passcode: 792229

## Please check out these financial resources.

### Prudential Financial Resources:

<https://www.prudential.com/financial-wellness/A91B2070C1BF67BAF59BD840CAD856CDEF722BCC34701369916F643A89D30A87>

### BMI Federal Credit Union

Financial Education: [BMI Federal Credit Union](#).

**BMI Financial Resources:** [Columbus State Community College \(bmifcu.org\)](http://Columbus State Community College (bmifcu.org))

## We're making it easier to get your annual screening mammogram at Solis Mammography!

**When:** November & December 2022

**Who:** Columbus State Employees ...and when you arrive for your mammogram a wellness goodie bag waits for you!

Solis Mammography - Columbus 974 Bethel Rd, Suite F, Columbus, 43214

Solis Mammography - Dublin 5156 Blazer Parkway, Suite 120, Dublin, 43017

To reserve the time that works best for you and confirm health coverage information, call **Erica Sycks-Greear at 614.330.0219**





# CancerBridge

THU  
NOV  
17

## 2022 Virtual Support Series:

### Lung Cancer

11am EST

Join us to learn more about lung cancer screening guidelines- who qualifies, how do you screen for lung cancer, why is screening for lung cancer so impactful, and where can you be screened.

<https://my.demio.com/ref/yMpiy9fYeC2Wvh9F>

THU  
NOV  
17

## Telephonic Health & Nutrition Coaching with Emily Bailey, RD, CSSD, LD, NASM

Private Sessions Available 10:00am – 2:00pm EST



### HOW TO SIGN UP:

From your AccelWELL portal or app, select the **Upcoming Events image** on your dashboard or select “Events” from the menu options, then choose the available coaching event by clicking **Details**. Select a timeslot and click **Register**. \*Contact [coach@accelwell.com](mailto:coach@accelwell.com) with questions or for support.

## Raffle Opportunity

Earn a raffle entry to win a [Massage Gun](#) for watching the video and completing the survey!

### 15 minute AccelWELL Stretch Video

Follow along with AccelWELL Coach Emily Bailey in a quick and easy 15 minute stretch. Regularly engaging in poses that stretch and open up your body can bring about feelings of relaxation along with improved strength and flexibility. Learn more about the benefits of stretching and flexibility in your monthly newsletter. After viewing the video complete the quick survey to earn entry into a raffle for a massage gun!

[Click Here](#) to view the video and follow along in the AccelWELL stretch. Complete the quick survey [here](#) to be entered in the raffle.

Reach out [coach@accelwell.com](mailto:coach@accelwell.com) with any questions.

TUE  
NOV  
29

## Rally Coins/Benefits Session

11am EST

Nichole Bowman-Glover, Wellbeing Benefits Analyst will review Rally Coin program for those who are on United HealthCare. Remember the Rally coin cycle runs from July 1, 2022 through June 30, 2023. The coins apply to employees on the health plan and covered spouses. Jason Love, Benefits Supervisor, will review benefits and address any questions.



New cycle July 1, 2022-June 30, 2023 8 coins. If you have questions, contact Nichole.

[Rally.BenefitsSession](#)

(click the link to join)

# Sign Up today with AccelWELL!

## Access the AccelWELL 2.0 Portal & App!

Welcome to AccelWELL 2.0! Get ready to achieve your health and wellness goals with the all new AccelWELL 2.0 wellness app and portal! And with our new Healthy Path companion app, you can now have the same portal experience from your mobile device! Get started by following the steps below to create your new account from either a computer web browser or through the app.

### Create your account

1. Select your method of signing up
  - a) From a web browser, visit [Wellness Onboarding \(accelwell.com\)](https://www.accelwell.com) and select **Sign Up**
    - **Tip:** Add the website address to your “Favorites” so you can easily access your account and stay engaged with your progress.
  - b) Download the **Healthy Path** app from the App Store/Google Play Store, then search for **ACCELWELL** when prompted to search for an organization within the app.
2. Enter your email address and click **Submit**
3. Enter the activation code sent to the email you provided, then click **Submit**
4. Confirm your Date of Birth and Employee ID #, and click **Continue**
  - Please note, your Employee ID is based on the formula “**CSCC + Your 7-Digit Cougar ID Number**”(example: **CSCCXXXXXX**)
5. Fill in all fields on the Create an Account page and then click **Create Account** at the bottom
6. **Agree** to the terms of use

*If you have program questions or need assistance creating your account, please email [coach@accelwell.com](mailto:coach@accelwell.com) for support.*



# Wellbeing Resources

## Matrix Online Resources (all employees)

You can register for webinars or view archived webinars through your member login at [www.matrixpsych.com](http://www.matrixpsych.com)

Go to <http://www.matrixpsych.com/Employee-Assistance-Programs/Employee-Resources.aspx>

-drop down to your company name

-click on the "Work & Family Resources" link to register

**Matrix Employee Assistance Program (EAP):** No cost - call (614) 475-9500 to make an appointment.

**Counseling (virtual/in-person):** full time employees, spouses & dependents up to 8 visits & regular part time, spouses & dependents up to 3 visits.

**UHC-Behavioral Health Benefit - [www.myuhc.com](http://www.myuhc.com)** (search under "Find Doctor" type in mental health) copay applies for PPO and deductible and Coinsurance applies for the HDHP.

**Mental Health America Ohio-pro bono counseling- (anyone) (614) 884-7227**

[Pro Bono Counseling Program – Mental Health America of Ohio \(mhaohio.org\)](http://www.mhaohio.org)

## 988 Crisis & Suicide Lifeline

The Lifeline provides compassionate, accessible care and support via phone, text, or online chat to anyone experiencing mental health-related distress. You can use **988** if you have thoughts of suicide, mental health or substance use crises, or any other kind of emotional distress. You can also **dial 988** if you are worried about a loved one who may need crisis support

## CSCC Victim Advocacy Services

**Victim Advocacy is available on Columbus Campus**

Wednesdays & Thursdays 9:30am - 6:30pm.

**Virtual assistance is still available!**

Mondays, Tuesdays, & Fridays

To make an appointment: [victimadvocacy@csc.edu](mailto:victimadvocacy@csc.edu)

We can chat face-to-face, online, or via telephone call.

**Are you a survivor of IPV/domestic violence, or human trafficking?**

Any member of the Columbus State community can receive support, information and resources from Victim Advocacy. Contact Advocate Corey Harris directly at 614-287-2198, or [charris12@csc.edu](mailto:charris12@csc.edu).

Columbus State Victim Advocacy provides support and resource information to victims of traumatic crime, **regardless of when or where** the crime occurred.

**Victim Advocates** maintain survivors' privacy while providing supportive services; however, if you would like to speak with a *confidential resource*. Faculty and staff members can access the college's **Employee Assistance Plan (EAP)** through Matrix for confidential services.

## Employee Resource Groups

Employee Resource Groups (ERGs) are employee-led voluntary groups organized around common interests, characteristics, or affiliations; these groups were created to foster a sense of belonging and are integral to Columbus State's commitment to advance workplace diversity and inclusion, facilitate networking and connections, and promote professional development. Reach out to the ERG leads/ERG Manager to get involved/support ERG work.

**Reach out to the contacts for meeting information:**

**ERG Strategy & Operations Manager** -Liz Rose-Cohen

**African/African American** - Royce Carpenter & Michelle Baker

**Caregivers** - Melissa Lamar

**Faith in Parenting** - Debbie Strain

**Prism LGBTQIA +** - Michael Hicks, George Johnson-Gamm, Katina Fitch

**Womens** - Crystal Clark & Kelly Hogan

### ERG panel addresses impact of pending legislation on higher education

More than 100 Columbus State faculty, staff, and students participated in Dissecting "Divisive" on October 24. The Employee Resource Group (ERG) panel discussion focused on pending legislation in the Ohio Statehouse that would limit what Ohio schools call "divisive concepts," including structural oppression, unconscious bias, and the connection between history and the present.

One bill includes higher education institutions. [Read more](#) on the session and get a link to watch the full panel discussion.



# Workout of the Month

## Planksgiving

*Build your core strength through the month of November and take on this Planksgiving routine!  
Check off each day that you successfully complete to keep yourself accountable.*

Day 1: 20s	Day 10: rest	Day 20: rest
Day 2: 30s	Day 11: 1 min	Day 21: 1m45s
Day 3: 30s	Day 12: 1 min	Day 22: 1m45s
Day 4: 35s	Day 13: 1m10s	Day 23: 2 min
Day 5: rest	Day 14: 1m20s	Day 24: 2 min
Day 6: 40s	Day 15: rest	Day 25: rest
Day 7: 45s	Day 16: 1m20s	Day 26: 2m15s
Day 8: 45s	Day 17: 1m30s	Day 27: 2m15s
Day 9: 50s	Day 18: 1m30s	Day 28: 2m30s
	Day 19: 1m45s	Day 29: 2m45s
		Day 30: 3 min



*\*To prevent injury, form is critical when performing all exercise. Please reach out to [coach@accelwell.com](mailto:coach@accelwell.com) if you have any questions about the movements and how to perform them correctly. It is always recommended to consult your physician to assess your individual medical status and specific needs prior to making any major changes to your dietary intake and/or exercise regimen.*



# Stretching + Flexibility

## Better flexibility can:

- Improve your performance in physical activities
- Decrease your risk of injuries
- Help your joints move through their full range of motion
- Increase muscle blood flow
- Enable your muscles to work most effectively
- Improve your ability to do daily activities

## Stretching Essentials + Tips to Keep Stretching Safe

*Before you plunge into stretching, make sure you do it safely and effectively. While you can stretch anytime, anywhere, proper technique is key. Stretching incorrectly can actually do more harm than good.*

- ❖ **Don't consider stretching a warmup.** You may hurt yourself if you stretch cold muscles. Before stretching, warm up with light walking, jogging or biking at low intensity for 5 to 10 minutes. Even better, stretch after your workout when your muscles are warm.
- ❖ **Strive for symmetry.** Everyone's genetics for flexibility are a bit different. Rather than striving for the flexibility of a dancer or gymnast, focus on having equal flexibility side to side (especially if you have a history of a previous injury). Flexibility that is not equal on both sides may be a risk factor for injury.
- ❖ **Focus on major muscle groups.** Concentrate your stretches on major muscle groups such as your calves, thighs, hips, lower back, neck and shoulders. Make sure that you stretch both sides. Also stretch muscles and joints that you routinely use or that you use in your activity.
- ❖ **Don't bounce.** Stretch in a smooth movement, without bouncing. Bouncing as you stretch can injure your muscle and actually contribute to muscle tightness.
- ❖ **Hold your stretch.** Breathe normally and hold each stretch for about 30 seconds; in problem areas, you may need to hold for around 60 seconds.
- ❖ **Don't aim for pain.** Expect to feel tension while you're stretching, not pain. If it hurts, you've pushed too far. Back off to the point where you don't feel any pain, then hold the stretch.
- ❖ **Keep up with your stretching.** Stretching can be time-consuming. But you can achieve the most benefits by stretching regularly, at least two to three times a week. Even 5 to 10 minutes of stretching at a time can be helpful.

*Skipping regular stretching means that you risk losing the potential benefits. For instance, if stretching helped you increase your range of motion, your range of motion may decrease again if you stop stretching.*

❖ **Bring movement into your stretching.** Gentle movements, such as those in tai chi, Pilates or yoga, can help you be more flexible in specific movements. These types of exercises can also help reduce falls in older adults.

*Also, try performing a "dynamic warmup." A dynamic warmup involves performing movements similar to those in your specific sport or physical activity at a low level. Then you speed up gradually and add intensity as you warm up.*

*Some people may also choose to add foam rolling before working out along with a dynamic warmup.*

#### **Know when to exercise caution**

*If you have a chronic condition or an injury, you might need to adjust your stretching techniques. For example, if you already have a strained muscle, stretching it may cause further harm. Talk to your doctor or physical therapist about the most appropriate way to stretch if you have any health concerns.*

*Also remember that stretching doesn't mean you can't get injured. Stretching, for instance, won't prevent an overuse injury.*

## 6 Benefits of Flexibility

- 1. Fewer injuries** - Once you develop strength and flexibility in your body, you'll be able to withstand more physical stress. Plus, you'll rid your body of any muscle imbalances, which will reduce your chance of getting injured during physical activity. Correcting muscle imbalances requires a combination of strengthening the underactive muscles and stretching the overactive (tight) ones.
- 2. Less pain** - Your body is likely to feel better overall once you work on lengthening and opening your muscles. When your muscles are looser and less tense, you'll experience fewer aches and pains. Plus, you may be less likely to experience muscle cramps.
- 3. Improved posture and balance** - When you focus on increasing muscular flexibility your posture is likely to improve. Working out your body allows you to have proper alignment and correct any imbalances. Plus, with an increased range of motion you may find it easier to sit or stand in certain ways. Yoga has been shown to improve balance.
- 4. A positive state of mind** - Regularly engaging in poses that stretch and open up your body can bring about feelings of relaxation. The physical benefits can extend to a relaxed state of mind. You may find it easier to unwind once your body feels better.
- 5. Greater strength** - It's important to increase strength as you become more flexible. This ensures your muscles will have the right amount of tension so that they're strong enough to support you and your movements, allowing you to become more physically fit.
- 6. Improved physical performance** - Once you increase your flexibility to allow greater movement in your body, you'll be able to perform better physically. This is in part because your muscles are working more effectively.

First/Last Name & Organization: \_\_\_\_\_

# Activity of the Month

## *It's time to move it, move it!*

Do you want to feel more energized at work? Do you find yourself feeling tense after a long day of sitting? Engaging in a few simple movements at your desk throughout the work day can help improve your energy levels and relieve tension in your body and mind!

Here are a few examples of simple activities you can do throughout the day without even having to leave your desk:



Source: <https://uhs.berkeley.edu/activitybreaks>

Other activities may include: stationary/jump squats, lunges, high knees, plank, pretend jump rope

Use the chart below to track the activities you perform and at what time you performed them. Record over a 5-day work period. Answer the few questions that follow.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Example: 1 pm: Neck stretches	10 am, 2 pm: 10 hip circles	3 pm: 20 squats	9:30 am: Chest stretch	9 am, 2 pm: 20 lunges

1. What was your favorite movement/stretch that you performed during the week?  
(Example: Side stretching before and after my lunch break each day)
2. What mental/physical benefits did you notice from performing small movements throughout your work day?  
(Example: I noticed that my neck was less tense by the end of the week after stretching it 2x per day.)





# The Dish:

## Healthy Recipes Curated By AccelWELL

## Roasted Brussels Sprouts and Cinnamon Butternut Squash with Pecans and Cranberries

### Ingredients (Serves 6)

#### Roasted Butternut Squash:

- 1 ½ pound butternut squash peeled, seeded, and cubed into 1-inch cubes (Yields about 4 cups of uncooked cubed butternut squash)
- 2 tablespoons olive oil
- 3 tablespoons maple syrup
- ½ teaspoon ground cinnamon

#### Roasted Brussels Sprouts:

- 3 cups Brussels sprouts ends trimmed, yellow leaves removed
- 3 tablespoons olive oil
- ¼ teaspoon Salt to taste

#### Other Ingredients:

- 2 cups pecan halves
- 1 cup dried cranberries
- 2-4 tablespoons maple syrup optional



Source: <https://juliasalbum.com/>

### Instructions

#### How to roast Brussels Sprouts & Butternut Squash:

1. Preheat oven to 400 F. Lightly grease the foil-lined baking sheet with olive oil.
2. Trim ends of Brussels sprouts and remove yellow leaves and slice all Brussels sprouts in half.
3. Peel, seed and cube, into 1-inch cubes, the Butternut Squash.
4. In a large bowl, combine halved Brussels sprouts, cubed butternut squash, 3 tablespoons of olive oil, maple syrup, cinnamon and salt (to taste), and toss to combine.
5. Place in a single layer onto a foil-lined baking sheet and roast in the oven at 400 F for about 20-25 minutes. During the last 5-10 minutes of roasting, stir/flip them around for even browning.

#### How to toast pecans:

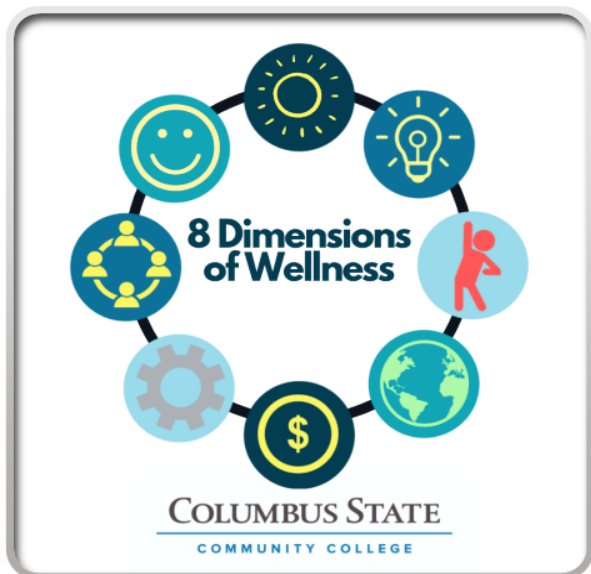
1. Toast pecans in the preheated oven at 350 F
2. Line a baking sheet with parchment paper.
3. Toast the pecans for about 5 minutes (maybe a bit longer) in the preheated oven at 350 F until they get darker in color.

#### Assembly:

1. In a large bowl, combine roasted Brussels sprouts, roasted butternut squash, pecans, and cranberries, and mix to combine.

# Your Wellbeing Advisory Committee:

## Nichole Bowman-Glover, PhD, Wellbeing Benefits Analyst



Averee Fields, Delaware Campus

Tommy Tucker, Mitchell Hall

Amanda Cecil, College of Recreation & Wellness

Pete Hackman, Food Services

Vena Hill, Human Resources

Jason Love, Human Resources

Jackie Miller, Nursing Department

Jolene Broshious, Equity & Compliance

Yvette Johnson Veterinary, Imaging & Surgical  
Technology Department

Katherine Lopez, Facilities Management

Terrence Lawrence, Inclusive Advising Innovation

Join us on Microsoft Teams: **"Cougars Living Well"**

**Join Us Today!**

*Cougars Living Well* is a place for you to engage in conversations about health and wellness, share resources and words of encouragement, and receive updates about all of the wellbeing services and resources available to you. To join this public Team, **log into Teams, click "join or create a team," search for *Cougars Living Well* and click "Join team."** If you have questions or need assistance joining *Cougars Living Well*, please reach out to Jason Love/Jolene Broshious..

## Follow Us on Social Media!



"ACCELWELL"



"ACCEL\_WELL"



"ACCELWELL"



Accel**WELL**

Inspire Purpose • Drive Performance