

Cougars Wellbeing Newsletter

September 2023 | Issue 37

Table of Contents

02 Inspirational Goal Planner

03 Upcoming Events

11 Workout of the Month

12 Gut Health

14 Activity of the Month

15 The Dish
Recipes Curated by AccelWELL

16 Your Wellbeing Advisory Committee



Gut Health

Prebiotics, probiotics, and more! Learn all about gut health on Page 12.

AUGUST RAFFLE WINNERS:

Carhart Insulated Lunch Bag

**Carmelita Boyer
Lainey Foster**

CONGRATULATIONS!

SEPTEMBER

Plan and Track Your Goals Here!

Goal Tracker

	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
1																															
2																															
3																															

List your top three goals for the month below.

#Goals

1)

2)

3)

Contact Us

Email: coach@accelwell.com

Your Coaches are here for you!

Follow Us



"ACCEL_WELL"



"ACCELWELL"



"ACCELWELL"

SEPTEMBER

Fall Semester is Here!



I hope you had a restful summer. The semester started with lots of energy buzzing around classes, fall activities and connections among students and employees.

“PAUSE!”

September is Self Care Awareness month! Did you know that?

Self Care is “critical” for your personal wellbeing. Self care is defined as being your own self advocate (Evolve to Live). Amidst pressures from work, family, technology, politics and the social climate, we rarely take time for ourselves. This impacts our overall wellbeing.

Self Care Benefits:

- **When we take care of our needs first, we are better equipped to help others**
- **Our health improves**
- **Our emotional stability improves**
- **Our outlook on life improves**
- **We smile more**
- **We live our lives with purpose and joy**
- **We discover who we were created to be**
- **We become our own best friend**
- **We love ourselves**

(Evolve to Live-Self Care Movement: [Self Care Awareness](#) | [Pati Hope \(evolvetoLive.org\)](#))

It takes time to develop a new habit, so take the month of September to develop a self care practice even if it’s just 5 min everyday of deep breathing, sitting in silence or meditating.

Please make yourself a “priority.”

Remember, HR SUPPORTS YOUR SUCCESS.

Dr. Nic

Submit your wellbeing ideas/suggestions to wellbeing@csc.edu.

SEPTEMBER

Sickle Cell Awareness Month

SCD is a chronic, debilitating, inherited condition that afflicts approximately 100,000 Americans, primarily African-Americans and Hispanic-Americans. One in 13 African-Americans and approximately one in 100 Hispanic-Americans carry the gene for this disease. Individuals with two copies of the gene have blood cells that are sickle-shaped, instead of cylindrical, which disrupts the blood flow which can damage many organs, including the brain and kidneys. An individual with SCD may begin experiencing the negative effects in early childhood, including pain, organ damage, and risk of stroke. It is estimated that only one in four patients with SCD in America receive the care that they need. [September is National Sickle Cell Awareness Month | NHLBI, NIH](#)

Show Love, Give Blood for National Sickle Cell Awareness Month

Did you know that blood transfusions are one of the most critical treatments for sickle cell patients, but less than 10% of Americans donate blood? Did you know that sickle cell patients benefit most from blood transfusions from people of the same race or similar ethnicity, but only five percent of blood donors are of African ancestry?

Childhood Obesity Awareness

One in 5 children in the United States are obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease. (CDC) It can be addressed through community partnerships and education about ways to prevent.

[National Childhood Obesity Awareness Month | WIC Works Resource System \(usda.gov\)](#)
[Division of Nutrition, Physical Activity, Obesity \(DNPAO\) | CDC](#)
[Kids' Corner | Nutrition.gov](#)

Healthy Aging Month

This is an opportunity to promote ways to stay healthy as people age. One major way to do this
Back to the Basics for Our Health (BTB)

Healthy eating tips:

There are countless diets and different food philosophies. However, we cannot deny basic healthy eating. Healthy eating tips: • Eating at regular intervals • Eating a variety of foods • Aiming for balanced meals • Drinking water regularly and abundantly • Including a lot of vegetables and moderate amounts of fruits in many colors. A healthier diet should provide adequate nutrients, including micronutrients and macronutrients. Micronutrients include vitamins and minerals that the body requires in smaller amounts and must be acquired from one's diet. Macronutrients are large and visible to the eye and are needed in larger quantities. Macronutrients include fats, proteins and carbohydrates, and are responsible for creating energy and building up the body's cells.

[High cholesterol | UnitedHealthcare \(uhc.com\)](#)

[September National Health Observances: Healthy Aging, Obesity Awareness, and More - News & Events | health.gov](#)

[Macular degeneration symptoms and treatment | UnitedHealthcare \(uhc.com\)](#)

SEPTEMBER



September “Step It Up” campaign

Join this campaign to challenge yourself to focus on more movement for September.

To sign up for this campaign:

Email your first & last name and company to coach@accelwell.com.

To complete this campaign:

- Aim to achieve a grand total of 240,000 steps (averaging 8,000 steps/day).
- Enter your steps for each day on the attached tracker.
 1. Option 1: Save a copy of the tracker on your computer being sure to re-save the document every time you make changes.
 2. Option 2: Print the tracker to fill out by hand.
- Submit your completed tracker to coach@accelwell.com by 11:59pm on Wednesday, October 4th!
 1. Option 1: Attach a copy of your completed tracker document to your email.
 2. Option 2: Take a photo of your completed, printed tracker and attach the photo to your email.

See the **Step It Up Tracker** for full campaign details and instructions.

Earn a raffle entry for a \$50 Amazon Gift Card!



American Red Cross Blood Drive

Ohio Diversity Council is sponsoring a Sickle Cell Blood Drive

Saturday, September 16, 2023 | 8:00 am – 2:00 pm

American Red Cross, Classrooms D, E & F | 995 E. Broad St, Columbus, OH 43205

To schedule an appointment visit

RedCrossBlood.org, sponsor code:

OhioDiversityCouncil

If you last donated on or before July 22, you may be eligible to donate

Save the Date

**CSCC Employee
Vaccination
Clinic-Columbus
Tuesday, October 10
10am-3pm (WD 418)**

Please bring insurance card if you have health care coverage. (However, health care coverage not required for vaccination) (Vaccination raffle drawing).



2023 Financial Wellbeing:

Preparing you for expected & unexpected changes!

Financial Tip: It is good practice to check your pay advice every pay. You should know how much money is deposited into your bank account. You should review your deductions. Review the benefits you elected and look at your pay advice to confirm they are being deducted. If you have questions about your pay advice, you can contact payrolloperations@csc.edu

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

*****Take advantage of these in-person financial workshops:**
[Free Financial Workshops in Central Ohio \(bmifcu.org\)](http://bmifcu.org)

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

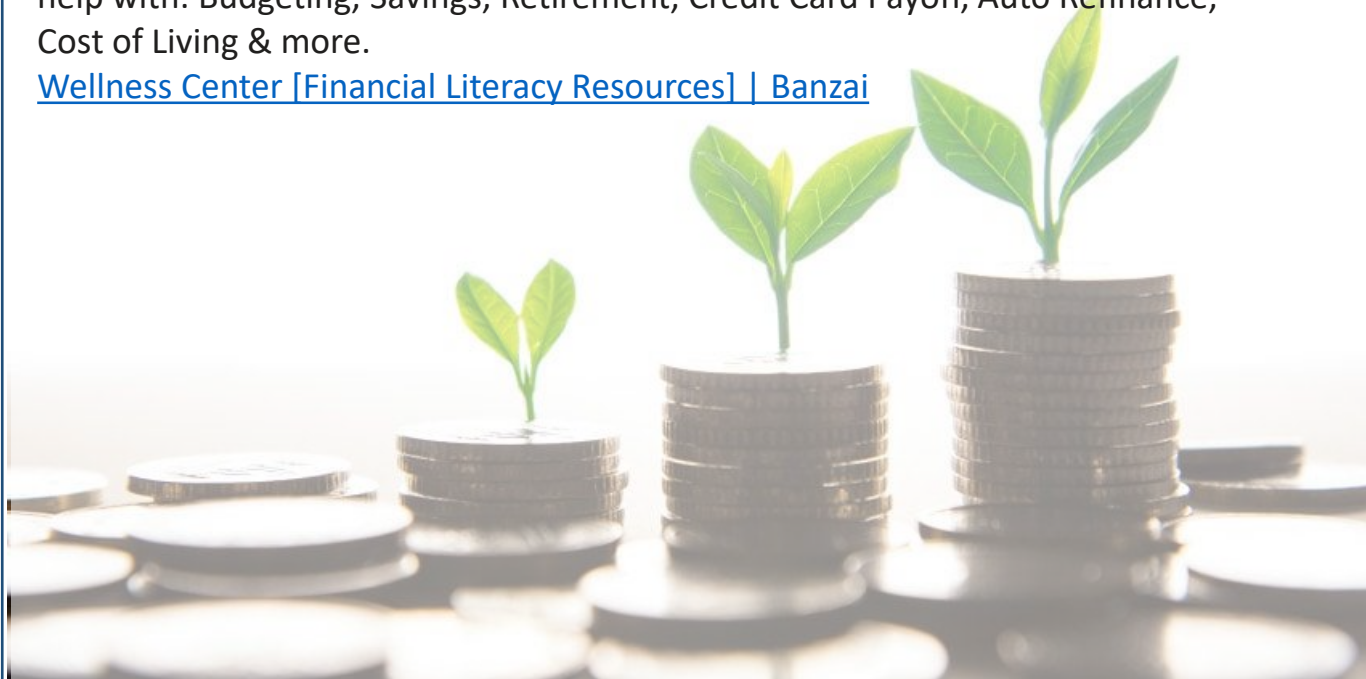
Prudential Financial Resources:

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

Education First Credit Union:

Banzai has hundreds of articles ranging on financial topics from stock market basics to preparing for a baby. The courses and coaches use real-life scenarios to demonstrate the power of good financial planning. Financial calculators to help with: Budgeting, Savings, Retirement, Credit Card Payoff, Auto Refinance, Cost of Living & more.

[Wellness Center \[Financial Literacy Resources\]](#) | [Banzai](#)





CancerBridge

THU
SEP
7

Virtual Kitchen Series: Start the Day with a Healthy Breakfast

11am EST | [Join Here](#)

Start your day with a healthy breakfast. Our dietician will discuss the importance of breakfast and the value of choosing the right ingredients to start your day. Chef Michael will follow the presentation with a delicious and healthy breakfast for you to try at home.

THU
SEP
14

CancerBridge Financial Wellness: Protecting Your Nest Egg in Retirement

11am EST | [Join Here](#)

An essential element in any retirement plan is ensuring that your foundational estate planning documents are in place. This session will focus on some effective strategies for incapacity planning, asset protection, and tax minimization.

THU
SEP
21

CancerBridge Support Series: Immunotherapy 101

11am EST | [Join Here](#)

Join us to learn more about new and innovative ways for treating cancer. Our speaker will discuss immunotherapy and the future of cancer care.

THU
SEP
28

Self Care Series: Creating Your Coping Skills Toolbox

11am EST | [Join Here](#)

Learn the stages and types of coping and identify strategies that can help you prepare for, navigate, and recover from stressful situations.

THU
SEP
28

“My Diversity Journey: Tales of a Global Traveler”

12pm – 1:30pm EST | [RSVP Here](#)

Beginning this month, Primrose Igonor, director of the Office of Diversity, Equity, and Inclusion, will host a monthly series called Masithethe, which is a Zulu word meaning “let’s talk.” For the first Masithethe, Primrose will share her own diversity journey. Join us in the Center for Workforce Development (WD), room 412, and on Teams. Refreshments provided.

Get Involved with AccelWELL!



THU
SEP
28

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

Private Sessions Available 10:00am – 3:00pm EST

HOW TO SIGN UP:

From your AccelWELL 3.0 portal or WellSteps app, select the **menu** in the upper right-hand corner. From there, select the **calendar tool** to be redirected to a calendar view of the month's events. Find the correct day and event and select **Register**. Then, fill out the designated prompts and select a timeslot that best works for you. Lastly, click **Register**.

*Contact coach@accelwell.com with questions or for support.

Step It Up Campaign is underway!

Join this campaign to challenge yourself to focus on more movement for September. See Page 5 of this newsletter or AccelWELL email communications for full details.

To sign up for this campaign:

Email your first & last name and company to coach@accelwell.com.

Earn a raffle entry for a
[\\$50 Amazon Gift Card!](#)

Welcome to the AccelWELL 3.0 portal & app!

Get ready to achieve your health and wellness goals with the AccelWELL wellness portal! And with our WellSteps companion app, you can have the same portal experience from your mobile device! You can register on a web browser (see directions below), then download the WellSteps app from the App Store or Google Play store to access your portal on the go!

Get started by following the steps below to create your new account.

Create your account

- From a web browser, visit <http://accelwell.com/awlogin/> and select **AccelWELL Portal 3.0**.
 - Tip: Add the website address to your "Favorites" for easy access.
- Click **Start**.
- Enter your work associated email address in the username box. Click **Next**.
- Select your company from the drop-down menu. Click **Next**.
- Enter the verification code sent to your email. Click **Verify**.
- Complete the registration page then click **Register**.
- You will then be directed to complete your **PHA (Personal Health Assessment)**. These questions should take about 10 minutes or less to complete. Once completed, you'll receive your "Health Report Card".

If you have program questions or need assistance creating your account, please email 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

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

-Drop down to your company name

-Click on Resources for Living button under Work and Family Wellness Resources heading on next screen to take you to the correct page to search for webinar

-Click on Tools-Upcoming Webinars on the next page (webinars are archived)

Access Phone Number: 800-328-4071

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 (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://mhaohio.org)

National Association of Mental Illness (NAMI)

[Programs – National Alliance on Mental Illness | NAMI Franklin County](#)

Tickets at Work

Don't forget to check out your savings marketplace, our one-stop shop for exclusive and convenient savings on the products, services, and experiences you know and love.

It's cost-free and easy to enroll. Just visit <https://columbusstate.savings.workingadvantage.com> and begin receiving discounts on:

- Electronics
- Appliances
- Theme Parks
- Hotels
- Movie Tickets
- Rental Cars
- Gift Cards
- Apparel
- Cars
- Flowers
- Fitness Memberships
- Groceries
- Special Events
- And More!

See this month's highlights on Wellbeing page: [Well-Being | Columbus State Community College \(csc.edu\)](#)

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 with questions.

Matrix Corner

CSCC employees, our EAP partner, Matrix, has a mobile app. The Matrix mobile app that is a great tool to access Matrix services, including the ability to request an appointment, call Matrix, and access the patient portal. Many of you likely already have the current version of their app downloaded on your device. This version of the app will no longer be supported, so you will need to download the new version of the app on either the App Store or Google Play. We have included a QR code as well as links below to download the updated version of the Matrix Mobile App.

Apple App Store: <https://apps.apple.com/app/matrix-psychological-services/id6448864764>

Google Play: <https://play.google.com/store/apps/details?id=com.winlabdigital.matrixeap&pli=1>



National Association of Mental Illness (NAMI)

[Programs – National Alliance on Mental Illness](#) | [NAMI Franklin County](#)

Sexual Assault Response Network of Central Ohio (SARNCO)

Provides advocacy and emotional support services in conjunction with medical and social services at OhioHealth Emergency Departments and other local facilities in central Ohio.

- 24-hour sexual assault help line (614-267-7020)
- 24-hour Emergency Department advocacy
- Rape, abuse & incest national network
- Sexual violence prevention program
- Aftercare advocacy
- Campus advocacy at The Ohio State University
- Recovery resources

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.

Compliance

The Office of Compliance works to support a healthy learning and working environment for all students, staff and faculty. By overseeing the College's non-discrimination and anti-harassment policies and initiatives, our goal is to create a learning and working environment that is safe, respectful and productive. If you have an issue in this area, please contact this office.

[Compliance](#) | [Columbus State Community College \(csc.edu\)](#)

Employee Resource Groups

[Employee Resource Groups](#) | [Columbus State Community College \(csc.edu\)](#)



Columbus State's Employee Resource Groups (ERGs) are here for you! As a program of the Office of Diversity, Equity, and Inclusion, ERGs are for any employee who wants to promote equitable practices and a culture of inclusion at Columbus State. ERGs offer affinity spaces, networking, and whole-person development as well as learning and action opportunities for anyone who wants to get involved with equity and inclusion work.

Reach out to the contacts for meeting information:

ERG Strategy & Operations Manager -Liz Rose-Cohen

African/African American - Royce Carpenter & Michelle Baker

Caring for Those Who Care - Melissa Lamar & Debbie Strain

Prism LGBTQIA + - George Johnson-Gamm

Women's - Crystal Clark & Kelly Hogan

Newly forming: A World of Experience (for immigrants and children of immigrants) - Katherine Lopez, Raquel Pina, & Luz Salinas



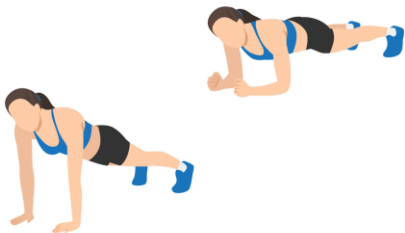
Workout of the Month

SEPTEMBER

Autumn Arm Toner

CIRCUIT 1: 5 Minutes - As Many Rounds as Possible

10 UP/DOWN PLANKS



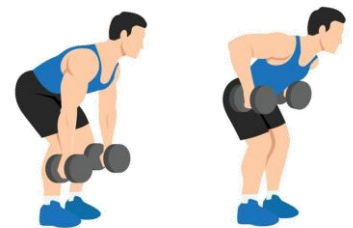
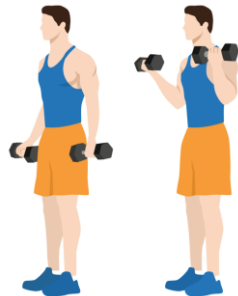
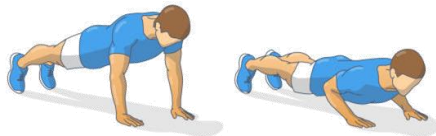
10 BURPEES



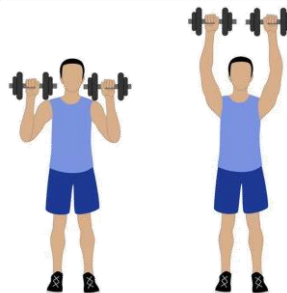
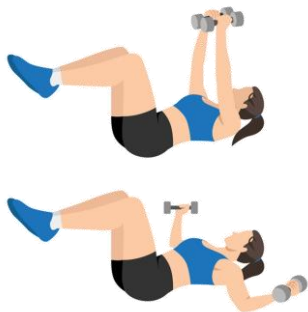
REST FOR 60-90 SECONDS, MOVE ON TO CIRCUIT 2

CIRCUIT 2: REPEAT 3X

12 BICEP CURLS



12 TRICEP PUSH-UPS



10 BENT OVER ROWS



12 CHEST FLY

10 SHOULDER PRESS

10 TURKISH GET UPS

*To prevent injury, form is critical when performing all exercise. Please reach out to 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.

GUT HEALTH



THE BACTERIA IN YOUR GUT

- ✿ The lining of your digestive tract — like every surface of your body — is covered in microorganisms, mostly bacteria. This microecosystem, called a microbiome, plays a large role in your health. Your mood and behavior also may be impacted by the microorganisms living in your microbiome.
- ✿ You may be surprised to hear your gut houses up to 1,000 different species of bacteria. By nourishing different types of bacteria, you can keep your microbiome in balance.
- ✿ What you feed your microbiome matters. Most healthy adults can safely incorporate prebiotics and probiotics to their diet. A healthy microbiome promotes a healthy immune system and supports a weight management plan.

PREBIOTICS vs PROBIOTICS

PREBIOTICS



Prebiotics help the microbes already in your microbiome to grow by giving them the foods they like. Prebiotics are found in many fruits and vegetables containing complex carbohydrates. You may already have these foods in your pantry or fridge, including apples, bananas, berries, carrots, flax seed, garlic, oats and sweet potatoes.

Probiotics add living microbes directly to your microbiome to improve the balance of microorganisms. The most common type of probiotic food is yogurt. Certain cheeses, kombucha, kimchi, pickles and sauerkraut are other bacteria-fermented foods containing probiotics.

PROBIOTICS





SIGNS OF AN UNHEALTHY GUT

HIGH SUGAR DIET

A diet high in processed foods and added sugars can decrease the amount of "good" bacteria and diversity in your gut. Research suggests that this may lead to increased inflammation throughout the body.

UPSET STOMACH

Stomach disturbances can all be signs of an unhealthy gut. They include: gas, bloating, constipation, diarrhea, and heartburn.

UNINTENTIONAL WEIGHT CHANGES

An imbalanced gut can impair your body's ability to absorb nutrients, regulate blood sugar, and store fat.

CONSTANT FATIGUE

An imbalance in gut bacteria may be linked to fragmented sleep and short sleep duration, which may lead to chronic fatigue.

SKIN IRRITATION

Skin conditions like psoriasis may be related to types of bacteria present in the gut. Lower concentrations of beneficial bacteria may impact the body's immune system.

AUTOIMMUNE CONDITIONS

An unhealthy gut may increase systemic inflammation and alter the proper functioning of the immune system. This can lead to autoimmune diseases, where the body attacks itself rather than harmful invaders.

FOOD INTOLERANCES

Food intolerances are the result of difficulty digesting certain foods. This is different than a food allergy, which is caused by an immune system reaction to certain foods.

THINGS YOU CAN DO FOR YOUR GUT HEALTH

CHANGE YOUR DIET: Reducing the amount of processed, high sugar, and high fat foods that you eat may lead to better gut health. Eating a diet high in fiber likely contributes to a healthy gut microbiome as well.

EAT SLOWLY: Chewing your food thoroughly and eating your meals more slowly may lower your chances of developing obesity and diabetes while also helping you make better food choices.

GET ENOUGH SLEEP: Try to prioritize getting at least 7-9 hours

CHECK FOR FOOD INTOLERANCES: If you're able to identify and avoid a food or foods that are contributing to your symptoms, you may see a positive change in your digestive health. Work with a health care professional.

LOWER YOUR STRESS LEVELS: For example: meditating, walking, spending time with friends or family, spending time with a pet, etc.

TAKE A PREBIOTIC OR PROBIOTIC: Prebiotics provide "food" meant to promote the growth of beneficial bacteria in the gut, while probiotics are live good bacteria.

STAY HYDRATED: Drinking plenty of water may be linked to increased diversity of bacteria in the gut, though the source of the water also matters.



Activity of the Month

Probiotic Foods

For this month's activity, give one of the below probiotic options a try! Consider this: Adding probiotic foods to your daily diet can have positive effects on your digestive health over time. Is the food you tried a food you could see yourself adding to your daily routine? Circle the food(s) you tried and answer the prompt below.



YOGURT

contains *Lactobacillus*, a common strain of good bacteria, and can help break down lactose into lactic acid, which aids in digestion. Look for yogurts with live active cultures since processing kills many probiotics. Yogurt can also contain a lot of added sugar so, as always, look for options with no added sugar.



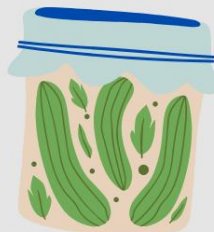
SAUERKRAUT

is one of the oldest forms of fermenting, and it's one of the top probiotic foods. Not only does sauerkraut contain probiotics, but it also has fiber, iron, antioxidants, and vitamins C, B, and K. For optimal probiotic strength, look for an unpasteurized sauerkraut with no added sugar.



KIMCHI

is usually made from cabbage and other veggies, it contains a variety of probiotic strains. It's also high in fiber, iron, and vitamins K and B2. Again, be sure to get yours with no added sugar.



TRADITIONAL PICKLES

are low in calories and a great snack. But watch out! The majority of store-bought pickles are made with vinegar and do not contain probiotics. Pickles made in a brine of salt and water, however, are a great source of probiotics in food. They also contain fiber and vitamin K. As with the options above, opt for brands with no added sugar!



The Dish:

Healthy Recipes Curated By AccelWELL

Chicken Caesar Baguettes

Ingredients (Serves 6)

- 2 8-ounce boneless, skinless chicken breasts
- 2 tbsp + ½ teaspoon olive oil, divided
- Kosher salt and pepper
- 1 lemon, halved
- 1 baguette, halved crosswise and split open
- 1 small clove garlic
- 1 tbsp mayonnaise
- 2 tsp Dijon mustard
- 2 tsp anchovy paste
- 4 oz romaine heart, leaves separated
- 2 ribs celery, very thinly sliced
- ¼ cup Parmesan cheese, grated
- 2 Roma tomatoes, sliced

Instructions

1. Heat grill to medium.
2. Rub chicken with 1/2 teaspoon olive oil and sprinkle with 1/4 teaspoon each salt and pepper. Grill until instant-read thermometer registers 165°F, 8 to 10 minutes per side. Transfer to cutting board and let rest 10 minutes before slicing.
3. While chicken is grilling, grill lemon halves and baguette, cut sides down, until charred, 2 to 3 minutes. Transfer to cutting board. Rub cut side of baguette with garlic clove.
4. Squeeze 2 tablespoons juice from grilled lemon halves into small bowl and whisk in mayonnaise, Dijon, and anchovy paste, then gradually whisk in remaining 2 tablespoons oil until thoroughly incorporated.
5. In large bowl, toss romaine and celery with 1/4 cup dressing and 1/4 teaspoon pepper to coat, then toss with Parmesan and another 1/4 teaspoon pepper.
6. Drizzle remaining dressing on baguette and layer with sliced chicken, salad, and tomatoes. Cut each in half to make 4 sandwiches.



Purchasing Romaine Lettuce

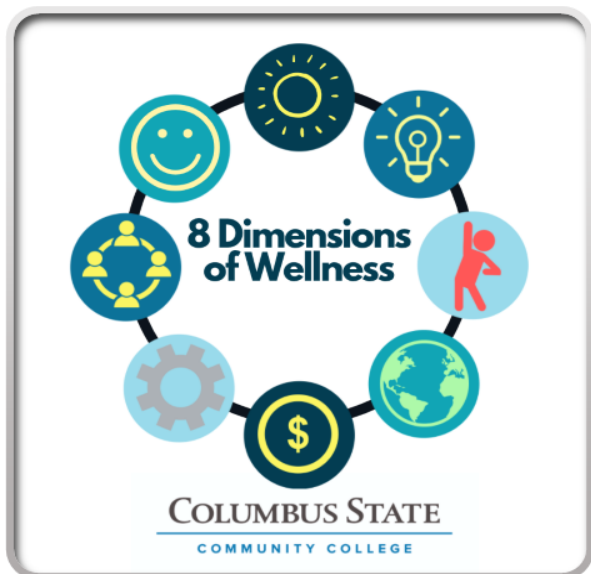
- Select heads that are firm and heavy for their size with tightly closed leaves.
- The outer leaves should be crisp and dark green with no signs of a rusty or brown color. Avoid heads with wilted leaves.
- When purchasing torn leaves or romaine hearts packaged in cellophane bags, check the freshness date and inspect the lettuce for any discoloration.
- Refrigerate romaine lettuce unwashed or washed in a plastic bag in the crisper drawer. Unwashed lettuce will keep for 7 to 10 days and washed lettuce for 3 to 5 days.
- Whether washed or unwashed, leaves should be dry before storing to prevent mold and rot. Dry the leaves before refrigerating or add paper towels to the bag to absorb excess moisture.

For additional information on handling romaine lettuce, check out the full details at www.myfoodandfamily.com/



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, Compliance

Yvette Johnson Veterinary, Imaging & Surgical Technology Department

Terrence Lawrence, Inclusive Advising Innovation

Primrose Igonor, Office of Diversity, Equity and Inclusion

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 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"