HealthPoint Virtual Recharge

Please join the Employee Assistance Program (EAP) and Wellness Program at our Virtual Recharge Event, on February 22nd, 23rd, and 24th. Learn about healthy eating, physical activity, and mindfulness to help you stay “fully charged”. You can participate by coming to one or two sessions or the whole event, whatever fits your needs and schedule!

Tuesday 2/22

- 10:00 am – 10:30 am | Welcome to Recharge
- 10:30 am – 10:45 am | Stretch Break with Fit Institute
- 10:45 am – 11:15 am | Mindful Self-Compassion, Jeff Stellmach, LCSW
- 11:30 am – 12:00 pm | Decreasing Burnout, Mary Bade Ph.D.
- 1:00 pm – 2:00 pm | Fund your future by Voya Financial
- 2:15 pm – 3:00 pm | Victims Advocate Network a gift to others, Marica Kelley, LMSW

Wednesday 2/23

- 10:00 am – 10:30 am | Communication Challenges for Managers in a Hybrid Work World, Susan Harnden, LCSW CEAP, Director of HealthPoint
- 10:45 am – 11:15 am | Not Yet. The Power of a Growth Mindset, Danica Morgan
- 11:30 am – 12:00 pm | Cultivating Hope, Jamie Justus, LCSW
- 12:00pm – 1:00pm | Hatha Yoga (slow-paced flow) with Callie
- 1:00 pm – 1:30 pm | Meet the Employee Assistance Program Staff
- 2:00 pm – 2:30 pm | Who is Farmhouse Delivery?
• 2:30 pm – 3:00 pm | How Are You Feeling? Aaron Bandy, LCSW NBCT

Thursday 2/24

• 10:00 am – 10:30 am | I Reach for the Page: Journaling Two Years Into the Pandemic, Amber Hunter-Crawford, LCSW – S
• 10:45 am – 11:15 am | Stretch Break with Fit Institute
• 11:30 am – 12:00 pm | Living with Environmental Distress, Nico Juarez
• 12:30 pm – 1:30 pm | Health at your desk with Airrosti
• 2:00 pm – 3:00 pm | Wellness Program Q&A with Nossé, Wellness Manager
• 3:30 pm – 4:15 pm | Dog meet & greet with Divine Canines

Attendees who register in UTLearn will be entered in the Recharge Raffle. You must be present to win! Prizes include sleep sets, gift baskets, foam rollers, yoga gear, art supplies, gardening tools, hammocks, and much more!