



THE GREATEST  
WEALTH  
is HEALTH.



Mark your  
calendar!

## USM INITIATIVE

### **National Health Education Week #NHEW**

**OCTOBER 19-23, 2020**

The University System of Maryland is coming together to participate in National Health Education Week (NHEW) by providing opportunities for employees to attend webinars, meet-ups, and other online events focused on providing health and wellness education.

NHEW's aim is to increase awareness of major public health issues and their role in the overall health of society. Through health education, we can learn ways to prevent chronic illness, increase mental and physical strength and resilience, and enhance the overall quality of life in our communities.

Classes are free to join.



Healthy self  
HEAL THY SELF

## CLASSES:

### USM INSTITUTIONS

#### JUMP START: THE POWER OF EXERCISE PLANNING

**Date/Time:** Oct 22, 2020 | 10 am

Let's get moving! Jump into this interactive workshop to review strategies for incorporating fitness into your everyday life. We will cover exercise planning, goal setting and ways to keep you accountable.

*Brought to you by UB:* [Zoom Link](#)

#### STIGMAFREE EVENT

**Date/Time:** Oct 20, 2020 | 2 pm

We have partnered with the Metro Baltimore chapter of the National Alliance on Mental Illness (NAMI) to help employers and employees manage through this challenging time.

*Sponsored by UMB's Launch Your Life:* [Registration Link](#)

### GUIDANCE RESOURCES

#### BEING AN EFFECTIVE MANAGER DURING COVID-19

**Date/Time:** Oct 19, 2020 | 12 pm

In this session we'll give you some suggestions and tips to help you in your job as a manager.

[Registration Link](#)

#### COPING WITH UNCERTAINTY ABOUT COVID-19

**Date/Time:** Oct 20, 2020 | 12 pm

This course will include practical tips for coping with uncertainty and re-establishing control.

[Registration Link](#)

#### TOOLS TO HANDLE COVID-19-RELATED STRESS

**Date/Time:** Oct 21, 2020 | 12 pm

This workshop focuses on specific activities to reduce stress caused by COVID-19.

[Registration Link](#)

#### GRATITUDE: A SKILL FOR HAPPIER LIVING

**Date/Time:** Oct 22, 2020 | 12 pm

Gratitude is a skill anyone can learn as an alternative to regret and fear.

[Registration Link](#)

#### LAUGHTER, HUMOR AND PLAY TO REDUCE STRESS AND SOLVE PROBLEMS

**Date/Time:** Oct 23, 2020 | 12 pm

Professional comedians shouldn't be the only people to use smiling, laughter, humor and play as part of their routine!

[Registration Link](#)