Wellness October Events

On Campus Mammograms
Wednesday, January 25th & Thursday, January 26th, 2018 (30 points)

Are you a woman age 35 or older? Have you scheduled your mammogram yet? Employee Wellness is making your mammogram as convenient as possible by partnering with Charlotte Radiology Mobile Breast Center to offer on-campus mammograms in January. The mobile mammogram unit is a state-of-the-art breast screening facility staffed by two certified female technologists. Each appointment takes approximately 30-minutes and appointment times are available throughout the day, including early morning. You can learn more about the mobile unit here.

As a reminder, routine mammograms are paid at 100%, deductible waived, for women 35 years of age or older who are enrolled on the Mercer health plan.

This October, think pink and schedule your on campus mammogram today!

30-Day Challenge #9: Sit Up Challenge
Monday, October 2nd - Tuesday, October 31st (up to 15 points)

What’s the secret to a strong core? Regular training! It’s not too late to join us this month for our 30-Day Sit Up Challenge, the ninth challenge of our year-long series. Throughout the month you’ll increase the number of sit ups you complete and be amazed at your progress. Choose the beginner, intermediate, or advanced challenge. Sign Up Here

Fall Walking Clubs
October 16th - November 27th (6 points/walk)

It’s a beautiful time of year to get outside and enjoy the cooler fall temperatures with your friends and colleagues. Earn HealthyU points by creating a Walking Club with three or more colleagues and walk at least once per week between October 16th and November 27th (your club decides when and where to meet). Get moving, get outside, and get rewarded! Create or join a Walking Club here

Back Pain Management Program
Friday, October 20th, 12pm (10 points)

Have you or a loved one ever experienced back pain? It’s estimated that 80% of American adults will experience back pain in their lives, a condition that can be expensive, debilitating, and impact your personal and professional life. Join us for the second in our three part series with Rodger Fleming, LMT, ATC, who will focus on stretches and “anywhere” exercises you can perform to help keep your back healthy. Sign Up Here

October Lunch & Learn: Breast Health Basics
Wednesday, October 25th, 12pm (10 points)

October is Breast Cancer Awareness Month, and this month’s Lunch and Learn will focus on simple strategies that women can take to reduce their risk of breast cancer, as well as early detection strategies. Is there a breast cancer prevention diet? Should you do self-exams? How often? Separate fact from fiction with our breast health experts! Sign Up Here