



The Wellness Committee news to help us live stronger

Below are some workshops, articles, and videos to keep you living longer and stronger.

Student Support Links for Mental Health and Well-being



Meet with a
Counselor



Equity and
Civil Right
Report (DEI/
Title IX)

Timely Care
Telehealth



Mindwise
Screenings



Thriving
Campus
Community
Referrals



Make a
CARE Referral

Call 988
Crisis Support



Mental Health
& Wellness
Page



Free Blood Pressure Screening on Monday

High blood pressure increases your risk for serious health problems, including stroke and heart attack. Get your blood pressure checked regularly starting at age 18 years — and do your best to keep track of your blood pressure numbers. Join us for a FREE Blood Pressure Screening.

Where and When: Monday, October 30th → 2:00 pm to 3:00 pm In the Exercise lab (Located in H007)

The Wellness Committee presents - Wellness Article Roundtable— Energy Drinks and Performance

Energy drinks are popular with students, office workers, athletes, and anyone else who wants an energy boost, but how do they affect your body in the short and long term? Join the Wellness

Article Roundtable for an informal, interactive discussion founded on peer-reviewed science. Read the article in advance, or just show up ready to learn. Drop-ins are welcome, meets monthly on the first Thursday. Open to students, employees, and other campus community members. Presented by Norwalk Campus Library and the Wellness Committee.

Article: Higgins, J. P., Babu, K., Deuster, P. A., & Shearer, J. (2018). Energy drinks: A contemporary issues paper. *Current Sports Medicine Reports* 17(2), 65-72. DOI: [10.1249/JSR.0000000000000454](https://doi.org/10.1249/JSR.0000000000000454)

Where and When: *Thursday, November 2, 2:30–3:30 pm, Library Reading Commons*

The Wellness Committee 2023 Interest Survey

Please take a few minutes to complete the Wellness Committee survey. The survey is used so we understand the needs of the community.

https://www.surveymonkey.com/r/2023_WC_Interest_Survey

The Wellness Committee presents the Wellness Series Interactive Workshop

Join us for a 1-hour, highly interactive, workshop where attendees will learn about the basic fundamentals of movement required for activities of daily living, recreation, and sport. Using simple field-based techniques attendees will be able to assess their movement and detect any limitations associated with tight or weak muscles. Simple corrective exercises will be provided for common movement limitations associated with field-based assessments.

Note: All attendees will be asked to perform simple movements, like a bodyweight squat during this workshop. Participation is voluntary and no individual will be asked to perform movements that they are not comfortable doing.

Session Information: Quick check: Am I moving well and if not, what can I do to for movement improvement?

Presenters: Nicole Mendola and Paul Gallo

When: Thursday November 9, 2023 at 2:30-3:30pm

Where: H005 (Ground Floor for the Center for Science, Health, and Wellness)

10 Time Management Skills and Techniques for Students

Time management for students (and everyone else) is about making your day purposeful. It is about taking control of the time you have and optimizing it for focus, productivity, and above all, balance. All of us should make the most of the limited amount of time we have in a day. It is very easy to get wrapped up in a fury of various activities and accomplish less. Managing time effectively enables students to become more confident, and organized, and learn more efficiently. To read

more... <https://www.simplilearn.com/tutorials/time-management-tutorial/best-time-management-tips-for-students>

Healthy Thanksgiving recipes. Is that possible?

58 Healthy Thanksgiving Recipes So You Don't Fall Asleep at the Table. Read on for more of our favorite healthy Thanksgiving recipes that'll make any holiday dinner a memorable one. To read more... <https://www.bonappetit.com/gallery/healthy-thanksgiving-recipes>

Apple Picking in CT

The apple-picking season has arrived; here's what to know before you go - <https://www.ctinsider.com/projects/guide/ct-apple-orchards/>

Stress Management: How to Reduce and Relieve Stress

While it may seem like there's nothing you can do about stress at work and home, there are steps you can take to destress and regain control. To read more... <https://www.helpguide.org/articles/stress/stress-management.htm>

The Pitney Bowes Foundation Wellness Center Hours

The fitness center is free and open to all faculty, staff, and students

Monday 9 am-6 pm

Tuesday - Thursday 9 am-5 pm

Friday 9 am-1 pm

Please Join The Wellness Committee for our next meeting.

We are seeking new members for this standing committee at the college! If you are a faculty or staff and are interested in joining, please contact Chair, MaryJo McGonagle (mmcgonagle@norwalk.edu)- Our next meeting is a planning meeting for the upcoming year. We would love to hear your ideas. Join us on Thursday, *November 16th at 2:30 pm in H007 (ground floor of the Center for Science, Health, and Wellness [West Campus])*.

Have a wonderful holiday season!

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