



February Employee Well-Being Newsletter



Calling all SLU faculty and staff! Help SLU win the **13th annual Go Move Challenge** by recording your minutes of **exercise that gets the heart pumping** to determine which Jesuit institution is the most active. [Simon Rec & Employee Well-Being](#) are **partnering this year** to offer SLU Faculty and Staff **free admission on Mondays and Thursdays during the month of February**. Please bring your SLU ID and check in at the front desk. Follow along on Instagram, [@employeewellbeingslu](#) for important announcements and updates. Show us how you move with the hashtag [#gomovechallengeslu](#).

HOW TO JOIN THE CHALLENGE

- Register at www.GoMoveChallenge.org, even if you participated last year
- Click the "LOG IN / REGISTER" button on the top menu bar
- In the "REGISTER" box, enter your university email address and other required information, including your university

- In the “Division/College” box, click on your division/college (ie School of Law, School of Ed, Student Life, Provost Office...) from the drop-down. If you don’t see your Division/College, choose “Other” and enter the name of yours
- Click the "SUBMIT" button when finished
- You will receive a confirmation email with your user email and password

HOW TO LOG MINUTES

- Starting February 1, visit www.GoMoveChallenge.org
- Click the “LOG IN / REGISTER” button on the top menu bar
- In the “LOG IN” box, enter your email address and password
- In the “LOG MY WORKOUT” box, select the intensity of your workout and description and enter the number of minutes, and select a single date or date range for logging multiple days
- Click the “LOG IT” button when finished
- Users can delete minutes that were entered in error

February Employee Well-Being Events

February Healthy Cooking Demo “Heart Healthy Meals”

Monday, February 17th 12-1 p.m. Allied Health Room 3040

This cooking demo will involve instruction by one of SLU’s very own dietetic interns, Addie O’Neill. Looking for ways to eat well to support your heart? Learn how to make a nourishing meal to support your mind and body.

Please RSVP to Rachel.donahue@slu.edu

St. Louis University Employee Mammogram Days!

Employee Well-Being is partnering with SSM to provide two days to SLU Employees for Mammograms. St. Louis University Hospital Breast Center
 Wednesday, February 26th &
 Wednesday, March 26th



Appointments available from 6:30 am – 4:00 pm

Breakfast or lunch provided, along with a thank you gift!

A shuttle will be available for transport to and from SLU – pickup/drop off in the circle drive at the Wool Center

To register, please call the SLUH scheduling office – (314) 257-5555

If you have any questions about eligibility, insurance or anything else related to this event, please contact Kate Stacy – (202) 725-7257 or kate.stacy@ssmhealth.com

February Well-Being Webinars

Emotional wellness: Relaxation to Reduce Stress – February 6, 2025 at Noon

This Talk will teach relaxation exercises that reduce tension and stress. Participants will better understand stress and how it affects the body, learn the benefits of relaxation practices, and introduce stress management techniques.

[Register Today!](#)

Disability & Neurodiversity: Caring for Your Older Child with Disabilities – February 11, 2025 at Noon

This talk will explore caring for an older child or an adult with disabilities, rights concerning education and employment, protecting and providing for your child with disabilities, legal and financial issues, and effective parenting and family management.

[Register Today!](#)

Financial wellness: Tax Tips – February 12, 2025 at Noon

This Talk will help you understand the secrets of reducing taxable income, how to break down the federal tax reporting system, and remove the mystery of the tax return. You will learn to use deductions, exemptions, and strategies to save tax dollars.

[Register Today!](#)

Ageing & adult care: Brain + Heart Health Connection – February 19, 2025 at Noon

The brain and heart are connected when it comes to some of the top chronic illness risks such as Alzheimer's, heart disease, stroke, and more. Is it just exercise and nutrition or is there more to building brain and heart health? Since family caregivers have 2x the risk of developing chronic illness than the general population, this talk will give you 12 lifestyle areas and tips to improve your health and wellness and stay strong while caring for older loved ones.

[Register Today!](#)

Equity vs Equality Between Siblings: When “That’s Not Fair!” Becomes the Household Phrase-Thursday, February 20, 2025 at 11:00 AM

Parents often express a desire for their children to "want for nothing." However, determining the appropriate limits to this aspiration can be quite challenging. This complexity is amplified in families with multiple siblings, and/or families with siblings that have more complex needs. Children, understandably so, continue to have expectations of fairness despite the varying contexts that can occur within a family. It is important to recognize that achieving fairness in every situation is not only unrealistic but also not conducive to healthy development, as each child has unique and individualized needs, even within the same family.

Join us as we share ways to create the expectation of individualized needs and equitable support from parents while helping children to develop skills to cope with normal feelings of disappointment and jealousy.

[Register Today!](#)

Succeed at work: Emotional Intelligence – February 20, 2025 at Noon

This Talk identifies the four components of emotional awareness and will cover how the range of emotions affects your relationships. This Talk will help you focus on target areas in order to improve relationships.

[Register Today!](#)

Your healthy lifestyle: Your Healthy Heart – February 25, 2025 at Noon

Learn the terms and factors you need to know to improve your heart health. Plus, hear about risk factors and how to recognize heart attacks and strokes.

[Register Today!](#)

Child care & parenting: Raising Children in a Diverse World – February 26, 2025 at Noon

This Talk covers helping children to be proud of their heritage; introducing them to other cultures, religions, and races; answering tough questions; protecting them from discrimination; and how to be a good role model.

[Register Today!](#)

February On-Site TIAA Financial Appointments

TIAA Financial Representatives will be onsite at Wool Center for one on one financial appointments in February, March, and April. You can make an appointment with one of the financial representatives.

Please visit the TIAA [Website](#) to schedule an appointment.

February Financial Webinars

Retirement planning across generations and demographics: Navigating the big decisions- Wednesday, February 12 at 11 a.m.

Retirement planning involves important calculations, from how much to save to when to retire. Learn how a diverse set of Americans are navigating these choices and their implications.

[Register Today!](#)

Family wealth education- Thursday, February 27 at 2:00 p.m.

Family wealth includes more than just economic resources. The plan should also contemplate your family's values, experiences and passions.

[Register Today!](#)