

March Employee Well-Being Newsletter



Saint Louis University finished 5th in the Go Move Challenge with 320 participants and 243,133 minutes of exercise, that is an average of 639 minutes per participant for the month of February. Thank you to each of you that participated, taking the time for your health, and to support each other. Please check out some SLU-inspiration from Brenna Lacey, Membership Coordinator at Simon Recreation Center. You can check out her interview on Employee Well-Being [Instagram](#).

Shout out to the top 10 finishers & top 5 teams-

Margaret Benz-School of Nursing
Lindsey Joyce-School of Nursing
Alixzandra Carroll-Comparative Medicine
Patrick Cuba-IT Architect
Luz Carriedo-School of Medicine
Linda Waller-Ahead and HCOR Business Strategy
Eva Gonzales-Office of the Provost
Barbara Weekley-Sociology & Anthropology

Aileen Keenan-English
Neil Higgins-Housing & Residence Life

Teams-
Spiritual Exercisers
OSOT
DCHS
CAS Concret Crushers
Career Services Team

March Employee Well-Being Events

National Nutrition Month Free Cooking Demo

Come join Chloe Raben, Dietetic Intern and learn how to make Orzo Pasta Salad

Monday, March 17th at Noon

Busch Student Center Room 254

Please RSVP Rachel Donahue at Rachel.donahue@slu.edu

SLU Mammogram Day at St. Louis University Hospital Breast Center

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



Mental Health First Aid for Faculty and Staff

Mental Health First Aid (MHFA) at Saint Louis University is a skills-based training course that teaches participants about mental health and substance-use challenges. Just as CPR helps you assist an individual having a medical emergency, Mental Health First Aid helps you assist someone experiencing a mental health challenge or crisis.

Friday April 25th and Friday May 2nd

9:00 a.m.-1:00 p.m.

[Registration](#)

March is National Nutrition Month, and the Department of Nutrition and Dietetics has planned a series of events throughout the month to celebrate.

The events are open to the entire SLU community.

Scheduled Events

- **Tuesday, March 4:** Pilates and PB Bites at the Rec — Participants should sign up for the 5 p.m. or 6 pm Pilates class at the Simon Recreation Center for a chance to enjoy free peanut butter bites provided by Fresh Gatherings after the class.
- **Wednesday, March 19:** Farmer Tables — Get to know the local farmers that Fresh Gatherings purchases from during lunch at the Allied Health Building.
- **Friday, March 21:** Empty Bowls - Join SLU Dietetics Association at Fresh Gatherings for homemade soup, bread & bowls. This event will take place from 4 p.m. to 7 p.m. Proceeds will go to Campus Kitchen.
- **Saturday, March 22:** Morning Gains: Smart Eating & Strength Training at the Rec - Learn about nutrition's role in fueling a fit lifestyle! 10 a.m. at Simon Rec.
- **Friday, March 28:** Pizza on the Patio — Pre-order via [@freshgatherings Instagram](#). Fire pits and free s'mores will be provided by the Department of Nutrition & Dietetics. Pizza pick-up starts at 5 p.m.

Employee Well-Being Webinars

Please register for these webinars and a recording will be emailed to you.

Emotional wellness: How to Boost Your Self-Confidence –
March 6, 2025 12 p.m.

This Talk will outline why confidence is so important and how to feel strong and empowered. Participants will engage in an interactive session that will help them feel more confident both at work and at home.

[Register Today!](#)

Disability & neurodiversity: Autism overview – March 11,
2025 12:00 p.m.

This Talk provides an overview of autism signs and symptoms and guidance on how to cope with the challenges of raising an autistic child. There is opportunity for discussion, and a review of resources and how to get help and support.

[Register Today!](#)



Financial wellness: Living Off Your Paycheck – March 12, 2025 at 12:00 p.m.

This Talk will go over goal setting and how your money beliefs can affect the way you save and spend. Other topics covered include: how to reduce debt, the difference between “meat vs. gravy” and how to increase your wealth.

[Register Today!](#)



Aging & adult care: Sleep Science and Relaxation to Calm Caregivers – March 19, 2025 at 12:00 p.m.

Many caregivers experience insomnia and sleep deprivation which impacts their family life, work and ability to care for loved ones. This Talk reviews sleep science including: how social media creates sleep debt, how to practice good sleep hygiene habits but also how to calm the mind and

body, how to improve your circadian rhythms through techniques such as avoiding blue light at night and embracing pink noise and whether there is a health benefit to naps.

[Register Today!](#)

Succeed at work: Overcoming Procrastination – March 20, 2025 at 12:00 p.m.

Want to overcome procrastination? This Talk discusses how we procrastinate, reasons for, and the impact of, procrastination and radical tips to overcome it.

[Register Today!](#)

Your healthy lifestyle: Building In Daily Movement – March 25, 2025 at 12:00 p.m.

This Talk explores the benefits of exercise, the role of attitude and goals on success, the components of a well-rounded workout, eating well and workouts that can be done during your workday.

[Register Today!](#)

Child care & parenting: Summer Care and Camp Options – March 26, 2025
12:00 p.m.

Identifying quality summer care for children requires information to discern the best option. This Talk will help you assess your summer care needs, review summer care costs and give an overview of summer options for children and teens.

[Register Today!](#)



TIAA Financial Webinars

Charting your course: A woman's financial guide

March 12 at 11 a.m.

Jump start your financial journey. We will help you discover how to make your money work for you.

[Register Today!](#)

Tax planning opportunities

March 27 at 2 p.m.

Identify your top tax considerations and learn which factors will have the biggest impact on your individual situation. Plan for what you know and prepare for what may change.

[Register Today!](#)

Upcoming TIAA Financial Appointments

TIAA Financial Advisors will be onsite at the Wool Center by appointment. Appointments can be made through the [TIAA website](#).

The following dates have availability: April 10th & 24th

May 1st, 8th, 15th, & 29th