



Office of Human Resources

WELLNESS COMMITTEE

1998. Many colleges have had success in creating a healthy campus and reducing health insurance costs while promoting employee wellness. The wellness committee was first introduced by Joan Kay and Libby Gleasman in December.

Our Mission: To promote a healthy lifestyle for our faculty, staff and students and provide the resources and encouragement to help them participate in a healthy life style.

Committee Co-Chairs: Maureen Murphy, Lauren Partyka, Rebecca Sullivan

What is happening on Campus!

- Utica Colleges 2010 Americas Greatest Heart Run/Walk!
- February 15th was the kick-off of a 10 week Biggest Losers Challenge! Approximately 120 participants registered! All members received a tape measure provided by Excellus BCBS at the time of registration!
- Weekly scheduled walks and swimming for Biggest Loser members!
- Zumba dance classes offered for a (\$5.00) fee for all members of the college community!
- Nutritional Tour of the Dining Commons by Jeff Weisinger highlighting the new “healthy bar” and how to use the menu planning computer available in the cafeteria!! Lunch provided by Aramark-thank you!
- ended
- Two “sample classes” were scheduled for yoga, pilates, weight training at the Power House gym-taught by our own Jamie Callari!! (\$5.00 fee required) –ended
- Boilermaker training starting April 1, for all members of the college community!
- April 7th-START WALKING DAY!-Wear your sneakers to work and walk with us around our beautiful UC Campus in support with the National Heart Association!
- Healthy Living tips posted in Tangerine and Daysheet!

Available Resources!

- State of the art on site fitness center and pool!
- Healthy Rewards program for all BCBS insurance members!
- Student Health Center offered flu shots!
- Ergonomics Advisor available thru the Office of Environmental Health and Conservation!
- Employee Assistance Program offered to all UC employees and families!
- Check out the Health and Wellness Bulletin Board outside Rm 250 in White Hall for tips, recipes and upcoming events!