

# Wellness Rewards

## Prerecorded Program Options

If you cannot attend a live wellness, finance, or fitness program; you can satisfy those tasks by completing one of the prerecorded program options below. Once complete, be sure to fill out [this form](#) for credit.



### Wellness Programs

**[A Warm Dose of Wellness: Healthy Soups and Teas](#)** (Jennifer Zartarian)- In this webinar, Jennifer Zartarian discusses what makes a soup "healthy," basic preparation methods for homemade soups, and some easy recipes to try in the kitchen. She also includes some tea recipes for a treat sure to warm you, any time of day. Access related resources [here](#).

**[Healthy Holiday Eating](#)** (Wellness at Brown staff) - 'Tis the season for holiday cheer, delicious food, and a packed social calendar! This workshop will help you navigate the season's temptations by providing the tools you need to stay on track with your health goals. Identify your personal obstacles, create a game plan for healthy eating, and review practical tips for everything from navigating buffets to making smart choices while holiday shopping. Access related resources [here](#).

**[It's Not the Stomach Flu. Understanding and Preventing Foodborne Illness](#)** (Wellness at Brown staff)- Learn about top culprits of foodborne illnesses and simple ways to reduce your risk. Access related resources [here](#).

**[Mastering Meal Prep](#)** (Personify Health)- Tired of last-minute dinner planning that often leads to fast food or complaints from the family? Mastering meal planning and prep can save you both time and money! In addition to learning about the benefits of meal planning and prep, participants of this webinar will walk away with helpful tools and resources to make the healthy choice the easy choice.

**[Mind-Body Nutrition](#)** (Personify Health)- Tired of the same old messages about food and nutrition? In this webinar, participants will learn more about the effect of the mind on eating habits, digestion, and metabolism. Join Personify Health to explore new tools and techniques to help transform your relationship with food, improve digestion, and energize your metabolism.

**[Perks of a Plant-Based Diet](#)** (Personify Health)- Fruits, vegetables, and fiber...OH MY! In this fun class learn about the importance of consuming a more plant-based diet. Discover the importance of eating more fruits and vegetables, fiber, and whole grains. This class content is designed around a quick quiz you'll complete at the beginning of the class.

**[Easy Guide to Your First 5K](#)** (Personify Health)- Ready to conquer your first 5K? Join Personify Health/BCBS for a beginner-friendly webinar designed to set you up for success! Explore the tools you need to start walking, biking, or rolling your way to the finish line.

**[Fit In Fitness in 15 Minutes](#)** (Personify Health)- Unlock the secrets to fitting effective physical activity into your busy life! Learn practical recommendations, how to accurately measure your exercise intensity, and the strategy for setting and achieving SMART goals—even when time is scarce.

**[Get Fit for Free at Home](#)** (Personify Health)- Money shouldn't be a reason to skip workouts. With an open mind and a little creativity, you can utilize what you have and begin your journey to a healthier you. Participants will learn alternatives to a variety of activities that will save both money and time. Discussion points include body-weight training, home exercise equipment, and online videos.

**[Current Events Anxiety](#)** (Spring Health)- Each person's response to current events is individual and valid. In this webinar, a Spring Health clinician will discuss ways we can support each other by acknowledging these differences. Together, you'll identify common responses to tragic events, recognize ways to cope, and identify action items to increase our sense of control.



## Wellness Programs, cont.

**How to Handle Anxiety without Worry** (Spring Health)- Anxiety can disguise itself in so many ways that you might not recognize it. Join this Spring Health webinar to learn how to recognize what anxiety can look like in your daily life, how it impacts your overall mental health, and learn tools to manage it that work for you and your family. This conversation will provide strategies and tools for what to do when you are feeling anxious, how you can interact with people in your life who are anxious, and ways that therapy can support you in your healing journey.

**How to Set Better Boundaries and Claim Your Peace** (Spring Health)- Your boundaries aren't for other people. They are for you. They are for your peace of mind and wellness. Creating healthy boundaries is one of the most effective ways to take care of yourself and communicate what you need to the people in your life, at work, and at home. This discussion will help you understand the importance of boundaries, know the signs that you need better boundaries, and tips to practice knowing, setting, and maintaining your own boundaries.

**Mental Health & the Holidays** (Spring Health) - Expectations, societal pressures, and demands on your time are greater than ever during the holidays. In this Spring Health webinar, you'll learn how to identify symptoms of stress and anxiety often brought on by the holidays for a variety of reasons. And you will gain tactical tools to help you focus on your mental wellbeing so you can enjoy the holiday season.

**Relaxation** (Wellness at Brown staff)- Combat the negative impact of stress effectively by activating your body's natural relaxation response. Let Wellness at Brown guide you through relaxation techniques including diaphragmatic breathing, progressive muscle relaxation, and guided imagery to help create calm and boost your energy and mood.

**Sleep, Mental Health, and Wellbeing** (Spring Health) - Let's explore the relationship between sleep hygiene, mental health, and well-being. In this webinar, Spring Health will provide tools and tips for improving your sleep and mental health. They will also discuss how to create your own sleep plan for optimal rest as well as identify available resources to support your sleep health.

**The Brown U. Benefits Buzz Podcast** (Benefits & Wellness Staff) - Listen to ***any one episode*** of the Brown U. Benefits Buzz Podcast; the podcast designed to help you maximize your benefits and wellness program at Brown; helping you to live your best life, at home and in your career.



## Finance Programs

**Investing for Beginners: Start Your Wealth Journey** (TIAA) - Discover the basics of investing—no matter your starting amount—so you can begin building wealth today and for the future.

**Set Your Retirement Date: Understand the Factors to Get You to Your Goal** (TIAA) - Whether you plan to retire today or 30 years from now, it's never too early — or too late — to design the life you want. Join this TIAA webinar to explore the steps to getting you there.

**Are You On Track to Retire?** (Fidelity) - Retirement looks different for everyone. Maybe you want to grab your passport and see everything. Maybe you want to grab a beach chair and do nothing. Whatever your goals, there are key questions to ask yourself before you take the leap. On this episode of Money Unscripted, host Ally Donnelly and Fidelity's Andy Alvarez get to the heart of planning your retirement income, setting a realistic budget, and strategies to help you make your savings last.



## Finance Programs, cont.

**Building Wealth: Creating Your Own Blueprint** (Fidelity)- You earn money. But how can you build wealth? On this episode of Money Unscripted, host Ally Donnelly and Fidelity Financial Consultant Dani Braun, talk through ways to create your own financial blueprint. From defining your goals and establishing emergency savings to building a portfolio and leveraging tax-smart investing strategies, see how you can draft a solid plan.