



▶ 12 WEEKS TO WELLNESS ... 1

○ ISSUE 1 ○ VOLUME 6 ○ 2015



▶ SMOKING CESSATION ... 2



▶ LEARNING OPPORTUNITIES..... 2

# Organizational Health and Effectiveness

YOUR BI-MONTHLY UPDATE FOR THE MONTHS OF JANUARY AND FEBRUARY

*newsletter*

## 12 Weeks to Weight Loss and Wellness

[12 Weeks to Weight Loss and Wellness](#) is a weight loss program, but it's not about dieting or nutrition. It's about wellness.

The next session begins February 11, 2015 and runs for 12 Wednesdays, from noon to 1:00 pm. To register, please e-mail [hpaws@ualberta.ca](mailto:hpaws@ualberta.ca). The deadline for registration is **January 30th!**

If you are unable to register for the current session, the next 12 Weeks to Weight Loss and Wellness program is tentatively scheduled for the fall, with the start date of September 17th. Please mark the date on your calendar and then watch upcoming communications for registration dates.

12 Weeks facilitates learning and self-awareness and is a great foundation of information, tools, strategies and support to launch your personal wellness initiative!



Approximately every minute of every day, someone in Canada requires blood product. It is estimated that one out of two people are eligible to give blood, but only one in sixty actually donates.

During a donation, one unit of blood product is taken from an individual. To put that into perspective, a cancer patient undergoing treatment may require 8 units of blood. A motor vehicle accident victim may require up to 50 units!

The University of Alberta is a Canadian Blood Services Partner for Life. That means you can give blood throughout the year and have it counted towards the institution's annual donation goal. If you'd like to give blood as part of the Partners for Life program, you must register as an individual member through the Canadian Blood Services website ([www.blood.ca](http://www.blood.ca)). The University's Partner ID is **UNIV010313**.

### Winter Walk Day!

Winter Walk Day is an annual province-wide event to encourage Albertans to improve their overall health by walking a minimum of 15 minutes. To participate in the campus Winter Walk on Wednesday, February 4th, meet at Celebration Plaza at 12:00pm. For details please see the [Recreation Services Activity Guide](#).

Note: You may wish to consider purchasing a U of A On the Move step-counter for \$15 from OHE! These units count steps rather than the distance walked. Contact Sarah at 780-492-2249 or [hpaws@ualberta.ca](mailto:hpaws@ualberta.ca) to make arrangements.





# Smoking Cessation

## Health Smart Coaching Service and Stop Smoking e-course

Homewood Health, the University of Alberta's Employee and Family Assistance Program (EFAP) provider can help you towards being a healthy, happy ex-smoker!

Smoking is very addictive and quitting requires considerable planning, determination, and courage. Homewood Health's smoking cessation program addresses the psychological and physical dependence and creates a foundation for successful behaviour change. Counsellors will walk you

through the types of support you could benefit from and provide one-on-one coaching as needed.

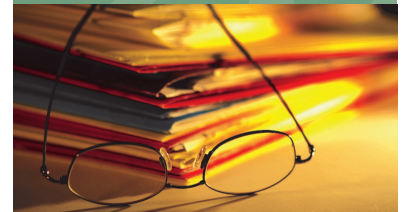
Not sure if you're ready to quit? Trying again? You may wish to enroll in Homewood's "Stop Smoking: Get Your Life Back!" e-course. Depending on your personal stage of readiness this course can build confidence to quit smoking, help you create a comprehensive quit-smoking plan or reaffirm your commitment and learn new strategies.

To learn more about the Smoking Cessation Program and Stop Smoking e-course as well as the many other programs and services provided by your Employee and Family Assistance Provider, Homewood Health, please visit [homewoodhealth.com](http://homewoodhealth.com). To arrange to speak with a specialist, please call 780-428-7587.



## HEALTH KITS

Body Image & Eating Disorders



If you or a loved one are struggling with disordered eating, you may be interested in the Organizational Health and Effectiveness (OHE) 'Body Image and Eating Disorders' kit. The kit includes a resource list with area supports and information on disordered eating and improving body image. Supplementary materials specific to males are also available upon request.

Please note, Health Kits are intended for faculty and staff. To request a kit, please email [hpaws@ualberta.ca](mailto:hpaws@ualberta.ca).

All requests are confidential. Materials will be sent labeled Personal and Confidential to your university address. Alternately, you may arrange to pick up your kit from our office.



The University of Alberta is a corporate member of Kids & Company so staff members have guaranteed access to full and part-time child care as well as emergency, back-up child care. Kids & Company offers other services including elder care which provides a wide range of support services for aging parents. For more information about Kids & Company's flexible child care and elder care options, visit [www.hrs.ualberta.ca/Benefits/Life\\_Events](http://www.hrs.ualberta.ca/Benefits/Life_Events) and select Child Care & Elder Care. *Please note: there is a fee for service.*

## UPCOMING EVENTS

### Open Workshops

Join us on Thursday, April 9, 2015 for a half-day workshop "[Developing Skills for Effective Conflict Resolution](#)". For more information and to register please visit the [Learning Shop](http://www.learningshop.ualberta.ca) at [www.learningshop.ualberta.ca](http://www.learningshop.ualberta.ca). In June, we will be offering the workshop "Respect at Work" and in September "Stress and Resilience". Watch for more information about these upcoming workshops.

### Mental Health First Aid (MHFA)

Organizational Health and Effectiveness (OHE) is offering a 2-day MHFA training program on April 13 & 14. The program is geared towards those staff working in front-line positions. Mental Health First Aid provides instruction to individuals in order to develop their ability and confidence to offer basic first line mental health first aid to others when required. For further information, please contact Sarah at 780.492.2249 or email [hpaws@ualberta.ca](mailto:hpaws@ualberta.ca).

### Save the Date - Faculty and Staff Orientation - Coming March 17th!

This exciting full-day session begins with welcoming remarks and key messages from high-level University administrators. The day also includes an introduction to the innovative Information Marketplace, which showcases services and resources offering professional and personal support. A walking tour of the campus wraps-up the day's activities. Watch the weekly employee digest email for details on event registration.

*These sessions are intended for faculty and staff unless otherwise noted*