USM INITIATIVE
National Health Education Week
#NHEW

OCTOBER 19-23, 2020

The University System of Maryland is coming together to participate in National Health Education Week (NHEW) by providing opportunities for employees to attend webinars, meet-ups, and other online events focused on providing health and wellness education.

NHEW’s aim is to increase awareness of major public health issues and their role in the overall health of society. Through health education, we can learn ways to prevent chronic illness, increase mental and physical strength and resilience, and enhance the overall quality of life in our communities.

Classes are free to join.
CLASSES:

USM INSTITUTIONS

JUMP START: THE POWER OF EXERCISE PLANNING
Date/Time: Oct 22, 2020 | 10 am
Let’s get moving! Jump into this interactive workshop to review strategies for incorporating fitness into your everyday life. We will cover exercise planning, goal setting and ways to keep you accountable.
Brought to you by UB: Zoom Link

STIGMAFREE EVENT
Date/Time: Oct 20, 2020 | 2 pm
We have partnered with the Metro Baltimore chapter of the National Alliance on Mental Illness (NAMI) to help employers and employees manage through this challenging time.
Sponsored by UMB’s Launch Your Life: Registration Link

GUIDANCE RESOURCES

BEING AN EFFECTIVE MANAGER DURING COVID-19
Date/Time Oct 19, 2020 | 12 pm
In this session we’ll give you some suggestions and tips to help you in your job as a manager.
Registration Link

COPING WITH UNCERTAINTY ABOUT COVID-19
Date/Time Oct 20, 2020 | 12 pm
This course will include practical tips for coping with uncertainty and re-establishing control.
Registration Link

TOOLS TO HANDLE COVID-19-RELATED STRESS
Date/Time Oct 21, 2020 | 12 pm
This workshop focuses on specific activities to reduce stress caused by COVID-19.
Registration Link

GRATITUDE: A SKILL FOR HAPPIER LIVING
Date/Time Oct 22, 2020 | 12 pm
Gratitude is a skill anyone can learn as an alternative to regret and fear.
Registration Link

LAUGHTER, HUMOR AND PLAY TO REDUCE STRESS AND SOLVE PROBLEMS
Date/Time Oct 23, 2020 | 12 pm
Professional comedians shouldn’t be the only people to use smiling, laughter, humor and play as part of their routine!
Registration Link