

# Learning & Wellness

## Healthy U Lecture Series

The Healthy U lecture series was introduced this year to offer a variety of professional development opportunities in each of the seven dimensions of wellness. One dimension was highlighted each month, and a variety of lectures were offered over the year by a variety of Fresno State faculty and staff.



**Snack Attack: Healthy Snacks that Pack a Punch**  
Dr. Lisa Herzig



**Doing Well and Being Good: The Spirit of Ethics**  
Dr. Andrew Fiala



**Physical Activity: It's Not Just for Weight Loss**  
Dr. Mark Baldis



**Deeds Not Words**  
LTC Lorenzo Rios



**Introduction to Mindfulness; Developing Decision Making Skills; Building Self-Esteem Through Positive Self-Talk**  
David Crabtree



**Learning to S.M.I.L.E. in the Midst of Challenges; Cultivating Authenticity & Emotional Intelligence**  
Katie Williamson



**Making Friends With Your Emotions**  
Dr. Christine Edmondson



**Developing Resiliency: Part 1: Survival Strategies for Building Resilience; Part 2: Finding Resilience in the Arena**  
Dr. Virginia Rondero Hernandez



**Is THIS All There Is?**  
Kathy Johnson



**Parliamentary Procedure: What is it? Why you need to know it!**  
Ron Avedisian



## Thin It to Win It



Thin It to Win It is a unique, 10 week program that began in 2013 in collaboration with Dr. Lisa Herzig. Dr. Herzig and her senior dietetics

students lead a comprehensive nutrition course open to all Fresno State employees. In addition to nutrition consulting and meal planning, topics include exercise education, mindfulness, and stress reduction techniques. Participants have reported high satisfaction rates, and through this program, students have received valuable, hands on experience teaching, facilitating, and consulting.



## Thrive Across America



"Thrive Across America," Fresno State's first physical activity program that allowed participants to log activity online and updated team standings in real time, launched its first competition September 2014. 155 employees across all divisions participated, and the Division of Student Affairs was awarded the first campus "Wellness Award" for having the greatest number of employee participation. The spring competition of Thrive is currently underway, and the next "Wellness Award" recipient and top performing teams will be announced at this year's STAR Day.



## Winner's Circle



Dr. Frank Lamas accepts the "Wellness Award" at the Thrive Across America Celebratory Luncheon in January. The Division of Student Affairs had the most participation in the fall Thrive competition.

1<sup>st</sup>



**The Happy SHCC Team**

Team members from left to right: Ruby Royola, Marianne Hamm, Nellie Lee, Michele Meza, Stephanie Annett, Maria Madrigal, Mohammad Saeed, Dirk Ruthrauff, Lisa Roberts (sitting)

2<sup>nd</sup>



**Team Pound Stoppers**

Back row from left; Lorrie Westcott, Lor-Rae Raus, Ann Paley, **Melanie Harbin**; Front row from left; Amalia Olvera, Juanita Aguilar, Teresa Chavez, Kevin Taloza; Not pictured; Gina Tamez

3<sup>rd</sup>



**Team F.I.T.**

Team members from left to right: Frank Puccio, Daunette Dryden, Susan Hawksworth, **Monica Acosta**, Tracy Bessey, Martha Rodriguez, Renee Camacho, Margie Upton, Katha Brassfield(not pictured)