

## Event Snapshots: North Meets South

Several of us enjoyed a wonderful morning break with fellow hard-working South Campus Staff on their inviting back patio. North Campus employees brought 10 cakes for each of South Campus' departments, as well as supplies for painting bandanas and several lawn games.

We know that many UNM Students would be stymied in their pursuit of education by the web of admission, financial aid, and registration processes without the superb attention and care of the Student Services Staff at South Campus.

**Many thanks** to everyone who helped bring them some **Lobo Love!**



*Event Snapshots: North Meets South, June 27<sup>th</sup>, 2019, South Campus*



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### **Tune in!: UNM Health Hour Podcast**

The University of New Mexico Health Sciences Center is the premiere health care practice and learning institution in the state.

Tune in on Sundays at 11am on KKOB 770 AM or 94.5 FM to hear Health Sciences employees talk with UNM faculty and staff to bring you informative and entertaining insights on how you can stay healthy in New Mexico!

“Increasing Community Impact,” “Embarking on the Path to STEM-H Careers,” and “The Foundations of Kindness” are some of the past discussions. To view past discussions and subscription options, click [here](#).

#### **The UNM Health Hour Podcast**



## Lobo Cancer Challenge! Help us to Fight Cancer!

The Lobo Cancer Challenge will be held September 14<sup>th</sup>, 2019 at Dreamstyle Stadium. Help us to raise funds for cancer research and patient support at UNM CCC. Register as an individual or as a team, or join a team that is already registered. Family and friends can support by giving towards your goal and 100% of donations benefit the cancer fund of your choice. Blake's Lotaburger is the presenting sponsor for the third year in a row. Register today at [LoboCancerChallenge.org](http://LoboCancerChallenge.org)!



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## WELLNESS

### Summer 2019 W.O.W.

Summer WOW started on Monday June 3<sup>rd</sup>, 2019. Schedule and registration is on the "Fitness" tab (under Recreational Programs) on the Recreational Services website.

All classes scheduled in Rm 150 (Piyo on Tuesday/Thursday and Pilates on Wednesday/Friday) have been moved to Rm 120 (opposite hall from 150). Ask Recreational Services' office attendant for directions on your way to class if needed.

### North Campus Yoga Class (Tuesdays & Thursdays, 12-1 p.m.)

The Yoga class requires seasonal World of Wellness program registration (eligible for UNM Tuition Remission). To register for WOW Summer 2019 participation, please visit [UNM Recreational Services' website](http://UNMRecreationalServices.com) and email your related [Tuition Remission form](#) to [jcbilling@unm.edu](mailto:jcbilling@unm.edu) with "N. Campus Yoga" listed on your form. Please refer to the "[Summer 2019 North Campus Yoga Locations](#)" document for location details.

Summer WOW: June 3<sup>rd</sup>, 2019-August 2<sup>nd</sup>, 2019

Faculty/Staff: \$75.00

Student: \$50

Community: \$100

### Meditation Group (Mondays & Fridays)

Meditate to Manage Stress – Meditation is a potent antidote for our busy, hyper-stimulated lives -- and it has proven benefits for physical and emotional health. Faculty, staff, and students are welcome to join the HSC meditation group, which meets Mondays and Fridays from 12pm-1pm in room 2403 of the North Campus Domenici Center. No prior experience is necessary; newcomers are welcome!

For more information, please contact Michael Haederle ([mhaederle@salud.unm.edu](mailto:mhaederle@salud.unm.edu)), 505.272.2558 (o).

## **UNM Employee Wellness Program**

Did you know that Employee Wellness will bring their stress management presentation to your department? All you have to do is ask!

For more information on this and many other initiatives, visit their website at <https://hr.unm.edu/wellness>.

The University of New Mexico offers a variety of programs focused on health, wellbeing, and personal development. We are even stronger if we work together – that is why the UNM Wellness Alliance joined forces to build a healthy University for all students, staff, and faculty. Employee Wellness is a proud member of the UNM Wellness Alliance.

## **UNM Employee Wellness Fit Life Program Coming July-August!**

If you struggle with making physical activity a priority and need guidance on how to start and stick with a regular exercise routine, this program is for you! Fit Life is a 6-week course that meets 2x a week and is designed to help you develop fitness strategies that fit your lifestyle and make physical activity a consistent part of your life. Register on Learning Central by searching “Fit Life.” Contact Lauren Lewis, [lclewis@unm.edu](mailto:lclewis@unm.edu) if you have further questions. Please see flyer below.

Dates: July 9<sup>th</sup>, 2019-August 15<sup>th</sup>, 2019, every Tuesday 12-1pm, every Thursday 2:15-3pm

Cost: \$120 (tuition remission eligible)

## UNM EMPLOYEE WELLNESS FIT LIFE PROGRAM



**COMING JULY 2019!** If you struggle with making physical activity a **priority** in your life and need guidance on how to start and stick with a regular exercise **routine**, this program is for you!

Fit Life is a six-week program designed to help you develop fitness strategies that fit your lifestyle and make physical activity a consistent part of your life.

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### PROGRAM INFORMATION

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Fit Life will meet twice a week for six weeks.

**Class One** will be a one-hour lecture and class discussion on various topics including:

- Mindset
- Different Training Styles and Finding What You Enjoy
- Scheduling Strategies
- Goal Setting
- How to Create a Fitness Plan and Follow It!

**Class Two** will be a 45-minute group fitness class held at Johnson Center. In class you will:

- Receive guidance and motivation from a certified personal trainer
- Learn various exercises and styles of training
- Be part of a supportive environment open to all fitness levels



**QUESTIONS? CONTACT:**  
wellness@unm.edu  
505.272.4460

This program is  
**TUITION REMISSION AVAILABLE!**  
**VISIT OUR WEBSITE TO LEARN MORE**  
Full details coming soon at:  
[hr.unm.edu/wellness](http://hr.unm.edu/wellness)

Watch the HR Newsletter for  
program announcement

## Student Health and Counseling (SHAC) Staff Benefits

Did you know that Student Health and Counseling (SHAC) offers pharmacy, travel health, and massage services to UNM staff and faculty? Please click [here](#) for more information and see pharmacy flyer below.



**UNM**  
STUDENT HEALTH  
& COUNSELING

# PHARMACY FOR UNM STAFF!

- Friendly, full-service pharmacy for all of your prescription needs.
- Auto-fill, text reminders, and a mobile app available to help you manage your medications.
- Vast variety of insurances accepted.
- Open for lunch.
- Next day on special ordered items.
- Recommendations on products welcomed.
- No tax on over the counter medications or snacks.
- Call or come by our pharmacy to consult with the pharmacist and/or to transfer your prescription at 277-6306.

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## HSC Employee Recognition

Help us to recognize our staff and the work they're doing!

**To recognize our great HSC Staff members in future newsletters, please send awards and nominations to [Desiree Quiñones-Soria \(DQuinonesSoria@salud.unm.edu\)](mailto:DesireeQuiñonesSoria@salud.unm.edu).**



## Love Our Little Lobos!: Ongoing donations to NBICU

Did you miss our “Lovin’ on Little Lobos” drive in February?

You can still **“love on our little Lobos”** throughout the year! The NBICU is accepting donations:

For babies: Newborn and preemie socks, newborn clothes and onesies, hardback baby children story books, and receiving blankets

For mom: Canvas bags, water bottles, hand lotion, Chapstick

**Please contact Kathy Johnson to donate ([KMJohnson@salud.unm.edu](mailto:KMJohnson@salud.unm.edu), 505-272-1405); thank you!**

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## HSCS OFFICE SUPPLY EXCHANGE

What can’t people get enough of?! OFFICE SUPPLIES!

Come and visit the Office Supply Exchange! Bring your gently-used items, or come see what others have left for you! The supply exchange is located in the HSC Copy Center in the basement of Fitz Hall, and is open 8-10am and 1-3pm.



### HSCS Committee Charge

As a standing committee of the UNM Staff Council, the HSCS Committee carries out the missions of the Staff Council as they relate to staff within the Health Sciences Center (HSC). The Committee collaboratively develops and implements activities, initiatives, and proposals that improve the lives of staff within the HSC, and enhances the visibility and recognition of the important role staff play in the overall success of the HSC. Membership on the committee is restricted to, and optional for, HSC staff.