

Fall 2023 Well-Being Newsletter



FALL WELLABLE CHALLENGE

Wellable

Bates has partnered with Wellable – An app and web-based platform offering wellness challenges, on-demand workouts, meditations, and well-being resources. Our fall challenge is **"Eat Well to Be Well."** This 4-week challenge is designed to boost your well-being by focusing on awareness of food choices and daily movement and engaging with the platform by setting goals, taking quizzes, logging meals, and getting daily movement.

Weekly prize winners will be drawn and the more you engage, the better your chances of winning!

Go to app.wellable.co and use your Bates email to join!

GROUP FITNESS CLASS CALENDAR

The fall 2023 Group Fitness Class calendar goes live starting in early September and spans to December break. We will see our most robust class schedule since the pandemic, featuring new modes of movement such as strength training, pilates, cardio funk dance, and more. Mark your calendars and commit to be fit with your fellow Bobcats!

The classes are offered to the Bates Community at no charge. To find the schedule, visit www.bates.edu/b-well/calendars. No need to sign up, just show up or click the Zoom link to join for the virtual options.

MINDFULNESS BASED STRESS REDUCTION

B Well continues to offer resiliency focused mental/emotional wellbeing programs with our partner Tisha Bremner from Insightful Workplace Solutions.

Our next session is "Mindfulness Based Stress Reduction," an 8-week program with weekly meetings on Wednesday mornings at 8:30 in the Commons. The first session begins September 20th.

Keep your eyes peeled for the sign up or email Mike at mmillike@bates.edu for more information!



WELLNESS LUNCHES

Wellness Lunches will be held monthly featuring speakers on an array of wellness topics ranging from mindfulness-based stress reduction, nutrition, and financial wellbeing to sleep hygiene.

Program Dates

- **Friday, September 22nd** – "Eat Well to Be Well" Noon-1pm in Commons 221
- **Thursday, October 12th** - "Financial Fitness" with Mary Hughes. Noon-1pm in Commons 221
- **Thursday, November 9th** - "Managing Stress through the Holidays with David Newkirk." Noon-1pm in Commons 221
- **Thursday, December 7th** - "Staying present in a digital world" (David Newkirk), Noon-1pm in Commons 221

ARE YOU A CAREGIVER FOR AN AILING FAMILY MEMBER OR LOVED ONE?

Consider joining our "Care for the Caregiver" support group. To join, email Mike Milliken at mmillike@bates.edu. The group meets on the second Tuesday of each month on zoom.

EAT LOCAL AND HEALTHY (CSA)

ARE YOU INTERESTED IN EATING LOCAL, HEALTHY, FRESH PRODUCE THROUGHOUT THE YEAR?

B Well partners with local farms to provide Community Supported Agriculture (CSA) shares throughout the year.

Our next share will be with Wolf Pine Farm, starting in late October and continuing through March. CSA is a good way to access fresh, healthy produce while supporting your local farms.

LOOKING FOR A HIGHER INTENSITY WORKOUT?

B Well has partnered with F45 Training by offering free access to their virtual platform which offers virtual strength and conditioning sessions (both bodyweight and weighted) as well as nutrition tracking. Here are the steps to sign up:

- Visit <https://f45challenge.com> or download the F45 challenge app.
- Register by using your @bates.edu email address.
- Enjoy the app/website from your Smartphone, Tablet, or Computer.

To set up a tour of the Athletic Facilities, email Mike Milliken at mmillike@bates.edu or propose a time on Google Calendars.

For regular updates and notices on offerings, join the **B Well Google Group** by sending an email to bwellclassupdates+subscribe@groups.bates.edu or email Mike at mmillike@bates.edu.

RESOURCES FOR LIVING

Resources for Living is Bates' Employee Assistance Program.

It's human to experience the burdens of stress, burnout, and/or exhaustion. If and when those experiences become overwhelming, there are free and confidential resources available to you:

You can access six sessions with a master's level counselor at no cost to you!

Additionally, you can explore articles, podcasts, and webinars to help you navigate life's curve balls.

The program can be accessed by phone at 888-238-6232 or through the website at www.resourcesforliving.com using the following login info:

Username: 4Bates | **Password:** bwell

