



Faculty / Staff Monthly Wellness Newsletter

FLU SEASON IS APPROACHING, PROTECT YOURSELF BY GETTING YOUR FLU SHOT!

The health insurance plans provide members and covered dependents the opportunity to get a flu shot for free. Here are several convenient ways to get your flu shot this season:

- Faculty and Staff can go to the Student Health Center to get a flu shot, call to set up an appointment
- Faculty and Staff can attend the Student Health Center Flu Shot clinic on **Wednesday, October 16th** in Upchurch from 5 pm until 7 pm. No appointment necessary!
- Flu Shot Clinic—Walgreens will be coming to campus **Tuesday, October 22nd**. Employees, spouses and retirees can attend. More information will be coming on times and how to schedule an appointment
- Go to participating pharmacy, see more details on which pharmacies participate by clicking on this link: <http://www.dhrm.virginia.gov/healthcoverage/flushotinformatio>



More info at :

<http://www.longwood.edu/health/>

<http://solomon.longwood.edu/hr/wellness-resources/>

https://www.cdc.gov/flu/resource-center/images/multi-language-pdfs/flu_and_you_english_508.pdf



FACULTY/STAFF: \$25

FACULTY/STAFF NONMEMBER: \$35



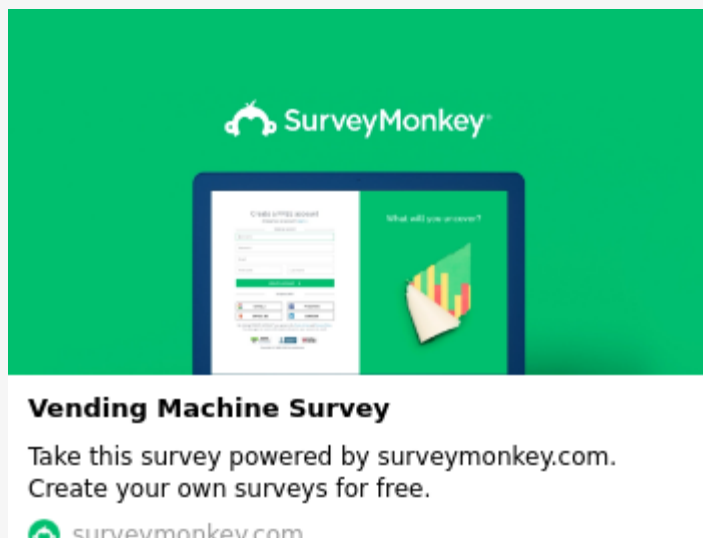
FIT AFTER 50 WORKSHOP

October 28th-December 2nd

Mondays at 5:30pm-6:30pm

These classes include exercises that are designed to improve strength, movement, flexibility, and activities for daily living. The exercises taught in class are designed to be low impact and improve your biological age!

https://studentaccounts.longwood.edu/C20122_ustores/web/stor_e_cat.jsp?STOREID=90&CATID=59&SINGLESTORE=true



YOUR OPINION MATTERS!

Would you like to see healthier options in the vending machines on campus? Take the survey and let us know!

JOIN WW & LOSE WEIGHT WITHOUT RESTRICTIONS!

- The Commonwealth of Virginia employees enrolled in a state health plan are eligible for WW discounted pricing and 50% subsidy and can sign up for WW with **Employer ID: 63569**
- Employees not enrolled in a state health plan, spouses, and adult depend WW discounted pricing only with **Employer ID: 15269416**
- After signing up, redeem your WW Starter Kit at ww.com/atworkstarterkit by 11/1/19

Attend a WW Workshop at Longwood University
Every Tuesday 1:00 PM in Upchurch University
Center - Room 304



Helpful tips to try and get more restful zzzzz's

- **Set a consistent sleeping routine:** Go to bed and wake up around the same time every day.
- **Avoid naps:** Napping can disrupt your body's natural sleep drive.
- **20-minute rule:** If you are unsuccessful at falling asleep within 20-minutes of lying in bed, get up and do a low-stimulation activity. Give yourself about 20-minutes out of bed, then lay back down. If you're unsuccessful falling asleep again, get out of bed after 20-minutes. Repeat until you fall asleep.