Wellness Grant Feature of the Month: Office of Medical Education
Wellness Ambassadors: Sarah Arsenoff & Lina Ibarra

The Office of Medical Education used their mini grant to have wellness workshops and for their annual business meeting. Using the grant, they purchased equipment such as kettle bells and foam rollers to aid their work outs. See the innovative workshops they hosted below!

Wellness Workshop – Foam Rolling and Self Massage –
Conducted by Wellness Ambassador Sarah Arsenoff

Sarah taught attendees how to release muscles that are frequently made tight as a result of sitting and working at computers all day, which is the reality for many staff members in the department. Each participant got to keep their lacrosse ball (tool for releasing muscles), and verbal feedback was given that more workshops on self-massage were wanted in the department!

Wellness Workshop – DIY Kettlebell (Handbag) –
Conducted by Wellness Ambassador Lina Ibarra

Lina taught attendees how to make a Kettlebell out of a trash bag, sand, and duct tape. Participants also learned how to do basic weight lifting exercises (bicep curl) and recommended that Lina continue doing this workshop for more people to get involved!

OME Annual Business Meeting

The theme of their annual business meeting was “Work-Life Balance.” Throughout the day they had a series of conversations and activities related to the theme. They followed a rotating workshop series where group will spend about 30 minutes at each session before moving to the next. Two of the workshops are Wellness Ambassador Workshops. In these sessions, Sarah conducted a self-massage workshop and Lina hosted a DIY Kettlebell workshop.

The Wellness ambassadors sent out a survey as well to get feedback from the people who attended and they found that the three workshops have been well received by the members of the department, and workshop attendees.

In the future, they are planning to continue sending monthly email reminders, Incorporate monthly Wellness Workshops to meet survey needs and to improve the formal feedback process (i.e. short written survey) for post-workshop needs.