

**From:** [Broadcast Notifications](#)  
**To:** [NYU Langone Broadcasts](#)  
**Subject:** Reach for Wellness Program Activities  
**Date:** Monday, January 03, 2011 10:09:07 AM

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# Human Resources

 NYU Langone Medical Center

## Reach for Wellness Program Activities

Supporting a Workplace Culture of Employee Health and Wellbeing at NYULMC

*January 2011*



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### You can also view Wellness Program activities on the HR Portal

- [www.nyuonsitehealth.org](http://www.nyuonsitehealth.org) → Human Resources → Employee Resources → Wellness Programs → Monthly Calendar of Events
- [reachforwellness@nyumc.org](mailto:reachforwellness@nyumc.org) Wellness Program 212-404-3836 Fax: 917-829-2034

### Also on the Wellness Site:

- Employee Lactation Rooms at NYULMC, HJD and 14 Wall Street
- Discounts & Services (fitness centers; Weight Watchers, Massage)
- Online Wellness Resources: My 9 Months, President's Challenge Physical Activity & Fitness Awards Program, NEW! On line course from the NY State Dept of Motor Vehicles Point & Insurance Reduction Course. Go to: <https://harmonia.dmv.state.ny.us/pirp>

### Programs and Services to Support Your New Year's Resolutions

- Understanding the Practice and Health Benefits of Acupuncture
- Design Your Own Weight-Loss Program
- Smoking Cessation Program Info Session
- Drumming Circle
- Relax with Chair Yoga
- Weekly Open Meditation
- CCA Webinar: Getting Organized
- Monthly Knitting Group
- On Site Massage at NYULMC - Park Av
- Fitness Center Discounts
- January Health Tip

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### Understanding the Ancient Practice of Acupuncture

Come to this exciting presentation to learn about the practice of acupuncture, how it works to

complement medical treatments and how it may benefit you! A demonstration of acupuncture will be performed.

Conducted by:

Dr. Alex Moroz Assistant Professor

Director of Musculoskeletal Rehab Unit, Rusk Institute for Rehabilitation Medicine

Date: Wednesday, January 12, 2011

Time: Noon-1:00pm

Place: NYULMC, Farkas Auditorium

Registration required

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### **Design A Weight Loss Program That Works For You!**

If healthier habits and weight loss are among your new year's resolutions, give yourself a pat on the back for making your health a top priority! Learn about three (3) non-surgical weight-loss plans to help you achieve success and get tips on setting realistic goals that you can stick to with. Turn your resolution into motivation for a lifelong commitment to your health!

Conducted by:

Linda E. Sasha Stiles MD, Assistant Clinical Professor

NYU School of Medicine, Department of Surgery Bariatric Division

Date: Tuesday, January 25, 2011

Time: Noon-1:00pm

Place: NYULMC, Alumni Hall B

Registration required

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### **Have a New Year's Resolution to Stop Smoking?**

What You Need To Know Before You Quit!

Come and learn about how the Faculty and Staff Smoking Cessation Program, offered through The Joan and Joel Smilow Cardiac Rehabilitation and Prevention Center, can help you with making the commitment to quit for good!

The Smoking Cessation Program is available to NYULMC employees at NO COST!

Conducted by Ana Mola MA, RN, APN, BC, Program Director

The Joan and Joel Smilow Cardiac and Pulmonary Rehabilitation and Prevention Center, Rusk Institute  
Bette Jean Rosenhagen, LCSW Senior Social Worker, Dept. of Social Work

Date: Wednesday, January 26, 2011

Time: Noon -1:00pm

Location: Conf. Rm. 908 HCC 9th floor, The Joan and Joel Smilow Cardiac and Pulmonary  
Rehabilitation and Prevention Center

Information: The Joan and Joel Smilow Cardiac Rehabilitation and Prevention Center 212-263-6129

No Registration Required

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### **Drumming Circle**

Participate in an open drumming circle to relax, listen, dance and drum. Musical or drumming experience is NOT required. Drums provided!

Therapeutic Recreation; Child Life & Creative Arts Therapies Dept

Dates: Thursdays, January 6 & 20, 2011 (1st and 3rd Thursday of each month)

Time: Noon - 12:30pm

Place: Horizon House (Rusk Pavilion-ground floor)

No registration required! Classes are free!

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### **Take a 30-Minute Relaxation Break with Chair Yoga**

**Relax, sit, breathe and stretch. Your mind and body will thank you! Classes are free!**

Dates: Mondays, January 10 & 24, 2011 (2nd & 4th Monday each month)

Time: Noon – 12:30pm (class starts promptly)

Place: Farkas Auditorium

Class is free! No registration required!

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### **Weekly Open Meditation**

Relax with 10 minutes of instruction on meditation and 15 minutes of open practice. Everyone is welcome regardless of experience, belief system, or practice.

Presented jointly by the Departments of Pastoral Care and Integrative Care Services

Dates: Every Tuesday (January 4, 11, 18, 25, 2011)

Time: 3:30-4pm (come and go as needed)

Place: Smilow A Conference Room

No Experience Necessary! No Registration Required!

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### **CCA Webinar-Getting Organized: Everything in its Place**

Being organized saves time and reduces stress. This session will identify possible roadblocks and provide strategies to become more organized.

Date: Tuesday, January 18, 2011

Time: Noon, 2pm, 4pm, EST

Registration: Go to [login.corporatecounseling.com](http://login.corporatecounseling.com) Enter Company Code: nyulmc

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### **Knit One, Purl Two!--Monthly Knitters Group**

Come to this monthly informal group to relax, knit and learn from each other. All levels welcome.

Date: Wednesday, January 26, 2011

Time: 12:30 pm -1:30 pm

Place: Greenberg Hall SC2 Room 004, Conference Room

No registration required! Class is free!

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### **On-Site Seated Massage**

**Treat yourself to a seated massage to relax and feel refreshed!**

On-site seated massages provided by NYS licensed massage therapists from Massage America

Cost: \$1/minute (15 or 30 minute massage)

Special Introductory Offer: Schedule your first appointment on-line, and you will receive \$10 off your first 15-minute session.

NYULMC- Greenberg Hall-SC2-117

Dates: Tuesdays, January 11 & 25, 2011 (2nd & 4th Tuesday of each month)

Time: 11am-2pm

One Park Avenue (Between East 32nd and East 33rd Street)

Date: Friday, January 28, 2011 (Last Friday of each month)

Time: 1:30pm-3:30pm

Place: 16th Floor Conference Room 16-091

To Schedule an Appointment

On-line: Go to [MassageAmerica.com](http://MassageAmerica.com) and click on "Wellspace" (left tab menu bar) for scheduling instructions.

You will need a credit card to reserve appointments scheduled on-line.

If you do not have a credit card, call Massage America -212-539-1690

Cancellation policy: You MUST cancel at least four (4) hours prior to your appointment. If cancellation is less than the 4 hours, your credit card will be charged in full

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### Relaxation Phone Line

**212-404-3800 Available 24/7**

The Relaxation Line provides recorded messages with guided relaxation and soothing music, giving you with an opportunity to unwind and renew for a few minutes during your day.

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### FITNESS CENTER DISCOUNTS

#### Crunch

All CRUNCH Membership \$74.99/month	One Crunch Membership (Kips Bay only) \$69.99/month  Month of January Free!	One-time Enrollment Fee \$74.99  \$0 Enrollment for January
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#### Unlimited Classes

All staff and faculty, spouse or domestic partner, family members (18 yrs. old + and living in same household)

**To join:** [www.onlineccs.com/password](http://www.onlineccs.com/password): nyumed or contact Amy Hart, Corporate Account Executive, at 212-758-3434 or [amy.hart@crunch.com](mailto:amy.hart@crunch.com)

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#### Synergy

131 East 31st Street Location-Open 24/7

Membership \$29/month	No commitments & No contracts!	One-time Enrollment Fee \$79
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All staff and faculty, spouse/domestic partners, and children (at least 16 yrs. old living in same household)

One (1) Personal Training Session

Group Fitness Classes-Yoga-Pilates-Spinning-Zumba

Full service locker rooms with sauna and showers

State of the art equipment with personalized TVs on all cardio machines

**To join:** Call (212) 213-0400 or visit [www.SynergyFitClubs.com](http://www.SynergyFitClubs.com)

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#### New York Sports Club

1-YEAR Passport Membership  <b>(Month of January Free)</b>	Monthly Rate \$59	One-time Joining Fee - \$59  <b>January Special- \$20.11</b>	One-time Processing Fee \$20
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Full access to over 160 clubs at all times with all Club amenities

All staff and faculty, spouse/domestic partners, and children (at least 16 yrs. old living in same household)

\*Current employees with NYSC memberships may convert to new \$59 rate with a one-time \$39 conversion fee.

**To join:** visit [www.companiesgetfit.com](http://www.companiesgetfit.com) or call 800.611.9833. Questions:

Contact Lane Benson at: [lane.benson@town-sports.com](mailto:lane.benson@town-sports.com)

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### **Equinox**

(Named "Best Gym in America")

Group Discount Membership Program to all employees, faculty, students, spouse, domestic partners at their

One Park and 14 Wall Street Locations

- Complimentary Personal Training Session • Complimentary Pilates Session • 2 One-Week Membership Passes for Friends
- Significant Referral Rewards! • Additional Benefits May Apply!

Membership Rates	Initiation Fee	Monthly Fee
Special NYULMC Rates*	\$0	\$125/month

\* Any current NYULMC employee who has an existing membership with Equinox may to convert to the GROUP RATE following the enrollment of 20 new NYULMC employees.

**To join:** Call One Park Ave at 212-779-1727 14 Wall St at 212-964-6688 NYULMC ID required when joining!

Call for complimentary 3 day pass!

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### **January Health Tip**

Winter Advisory ---- If you get stranded in Your Car

Staying in your vehicle when stranded is often the safest choice if winter storms create poor visibility or if roadways are ice covered. These steps will increase your safety when stranded:

- Tie a brightly colored cloth to the antenna as a signal to rescuers and raise the hood of the car (if it is not snowing).
- Move anything you need from the trunk into the passenger area.
- Wrap your entire body, including your head, in extra clothing, blankets, or newspapers.
- Stay awake. You will be less vulnerable to cold-related health problems.
- Run the motor (and heater) for about 10 minutes/hour; open a window slightly to let in air. Make sure that snow is not blocking the exhaust pipe—this will reduce the risk of carbon monoxide poisoning.
- As you sit, keep moving your arms and legs to improve your circulation and stay warmer.
- Do not eat unmelted snow because it will lower your body temperature.
- Huddle with other people for warmth.

**Resource:** Centers for Disease Control: Emergency Preparedness and Response, November 2010

