



Emotional Wellness

NutritionMatters

**September 2009 – August 2010
Program and Services Guide**

health4u@msu.edu

health4u.msu.edu

517-353-2596

**Smoking/Tobacco
Cessation**

**Health
Consumerism/
Self-Care**

Movement/Fitness

“Encouraging faculty, staff, retirees, graduate student employees, and the spouses/partners of members of these groups to ‘Redefine’ the way ‘YoU’ think about health!”

Updated: 9/15/2009

Table of Contents

MSU Health4U Program	3
Registration, Fees, Cancellation and Refund Policy	3
Emotional Wellness	4
Chair Massage Samplers	4
Effective Listening Series	5
Everything You've Always Wanted to Know about Yoga, but Didn't Know to Ask	5
Exploring Healthy Relationships.....	5
Fundamentals of Meditation	6
Grief in the Workplace.....	6
Health4U Book Club.....	7
Healthy Parenting.....	7
Holiday Survival Guide	7
Kripalu Yoga (see also Movement/Fitness).....	8
The Best Medicine? Using Laughter to Improve Your Health!	8
Meditation Group.....	9
Power of Belief	9
Relaxing Under the Stars at Abrams.....	10
The Healing Power of Guided Imagery	10
Understanding Mood	11
Understanding Stress.....	11
NutritionMatters	12
Culinary Cooking and Concepts.....	12
Healthy Eating: Food for Families	13
How To Eat Alumni Group.....	13
How To Eat ...Resolving the Weight Dilemma.....	14
Vegetarianism 101	14
Movement/Fitness	15
Active Stretching	15
Kripalu Yoga (see also Emotional Wellness)	15
Intramural Sports and Recreative Services (IM Sports Services)	16
MSU Bikes Service Center & Canoe Rentals.....	16
MSU Tennis Center.....	16
Olin Health Center: Health Education Services – Life Rx Program.....	16
The University Club of MSU Fitness Center and Spa	16
"We Can Row" Breast Cancer Survivors.....	17
Smoking/Tobacco Cessation	18
MSU Smoking Cessation Project	18
One On One Coaching.....	18
QuitNet	19
U Can Quit Support Group	19
Quit-Kit	19
Health4U Services	20
Coaching (Fee based service)	20
Departmental Services	20
Health4U Resource Library	20
Healthwise Knowledgebase	20
Healthy E-Mail Service	21
MSU Moves.....	21
NutritionMatters E-Message.....	21
Recipe for Health Project	21

MSU Health4U Program

Health4U classes, coaching services, online programs, special projects and support group opportunities are open to MSU faculty, staff, graduate student employees, retirees, and the spouse/partners of members of these groups.

Registration, Fees, Cancellation and Refund Policy

Registration is required for all Health4U programs, services and special events or activities. Participants must register with the Health4U Program office via online registration, email or phone. The majority of Health4U Program classes and services are offered free of charge. Fees, if applicable, need to be paid prior to attending the first session of a class or service unless other arrangements have been approved by the Health4U Program Coordinator.

Health4U reserves the right to cancel or postpone the start of a scheduled class. If a scheduled class is cancelled or postponed the Health4U Program staff will make every effort to contact registered participants prior to the first session.

If Health4U cancels a scheduled class, service, coaching appointment, or special event for which there is a participation fee, a full refund will be provided to registered participants.

Registrants who withdraw within 24 hours after the first session of a class, service, or special event will receive a refund of the program fee minus a \$10 cancellation fee.

Registrants who withdraw after this 24-hour period or prior to the second class meeting of a multi-session class series or service will receive a refund of one-half the program fee minus the \$10 cancellation fee.

No refunds will be made after the second session of a multi-session class or service.

Refund requests should be made directly to the Health4U Program office located at 330 Olin Health Center. Refund requests can be made in person between 8am-5pm Monday-Friday, sent via email (Health4U@msu.edu) or completed by phone (517-353-2596). Questions regarding the refund policy should be directed to the Health4U Coordinator at 517-353-2596.

Emotional Wellness

Emotional Wellness is the area of Health4U that deals with the emotional health of Spartans everywhere. While many of us do a pretty good job at tending to our physical health, we sometimes don't think about maintaining an emotional balance in our lives. Our emotional health is just as important as our physical health, and there are things that we can do to help us fully realize this health.

The idea behind the Emotional Wellness focus area (or EW for short) is that we are all born mentally and emotionally healthy, and this health never goes away. Sometimes, we may lose sight of this health, at times even fearing that we have lost it altogether. This tends to lead to feelings of stress, worry, and upset.

We have designed these programs to point us back toward our own emotional healthy state of being. Whether you want to improve your listening skills, learn to meditate, take a yoga class, or just relax under the stars, we likely have something to help you find your way back to your own emotional wellness.

Chair Massage Samplers

(Samplers are provided free of charge.)

Marilyn Cady, Certified Massage Therapist and Deby Stuart, *Certified Massage Therapist*

Enjoy a free 10 minute stress relieving chair massage sampler that focuses on your upper body while you sit **fully clothed** in a special chair. Some benefits you may enjoy: reduced muscle tension, relief from eyestrain, desk fatigue, increased mental awareness, improved circulation.

Semester	Dates	Location	Time
Fall	September 15	Engineering Building, Room 2555	<p>Appointments for all sessions are scheduled in 15 minute increments between 11:30 am and 1:30 pm.</p> <p>Schedule your 15 minute session either by calling Health4U at 353-2596 or sending an email to health4u@msu.edu.</p>
	September 22	West Holmes Hall, Room 185	
	September 29	Clara Bell Smith Center, Room 135	
	October 6	Angell Building	
	October 13	East Holmes Hall, Room C-1	
	October 20	MSU Auditorium	
	October 27	Business College Complex, Room N476	
	November 3	Food Safety and Toxicology	
	November 10	Hannah Tech Center	
	November 17	Olds Hall	
	December 1	Anthony Hall	
December 8	Plant Biology Building, Room 103		
Spring	January 19	MSU Union, Lake Erie Room	
	January 26	Engineering Building, Room 2555	
	February 2	Agriculture Hall, Room 109	
	February 9	East Fee Hall	
	February 16	Hannah Tech Center	
	February 23	Nisbet Building, Room 27	
	March 2	MSU Union, Lake Erie Room	
	March 16	Angell Building	
	March 23	Anthony Hall	
	March 30	Breslin Cancer Center	
	April 13	East Holmes Hall, Room C-1	
April 20	MSU Auditorium		
Summer	May 18	Life Sciences Building	
	June 15	Nisbet Building, Room 27	
	July 20	Agriculture Hall, Room 109	

Effective Listening Series

(This series is provided free of charge.)

Jonathon Novello, LMSW; ACSW, Consultant, Emotional Wellness Program

Anyone can hear, but do we truly listen? Listening is the root of all communication, and yet most of us have had experiences in which someone we care about has told us that we aren't listening to them. Learning to listen effectively can be a powerful way to impact and strengthen any relationship.

Listening I will introduce participants to the different levels of listening. These sessions will introduce a new understanding of how listening can improve communication.

Semester	Day	Dates	Location	Time
Fall	No offering this semester.			
Spring	Monday	April 12, 19, 26	Business College Complex, Room N124	12:10-12:50 pm
Summer	No offering this semester.			

Listening II will let participants gain a deeper understanding of the concepts introduced in the "Listening I" series (prior attendance is not required but may be helpful to the participant).

Semester	Day	Dates	Location	Time
Fall	No offering this semester.			
Spring	No offering this semester.			
Summer	Tuesday	July 13, 20, 27	To be determined	12:10-12:50 pm



Everything You've Always Wanted to Know about Yoga, but Didn't Know to Ask

(This series provided free of charge.)

Diane Del Buono, JD, MS, Consultant, Emotional Wellness Program

Ever wondered what yoga is all about and if it is "right" for you? This is your opportunity to ask questions and experience yoga in a welcoming environment. The class is designed to help you decide if yoga can help you experience more physical comfort in your work environment and find improved focus and concentration. The two classes will include discussion as well as practice. Postures will be done seated in or standing by a chair in work clothing without yoga mats. This series is designed for people with or without prior yoga experience. Campus and community based yoga class resources will be provided for class participants.

Semester	Day	Dates	Location	Time
Fall	Tuesday	September 22, 29	South Kedzie Hall, Room S134	12:10-12:50 pm for all sessions.
Spring	Thursday	January 28, February 4	Olin Health Center, Room 247	
Summer	No offering this semester.			

Exploring Healthy Relationships

(This series provided free of charge.)

Jonathon Novello, LMSW; ACSW, Consultant, Emotional Wellness Program

What makes a healthy relationship, anyway? Whether talking about your partner, your children, your coworker, your supervisor, or your mother-in-law, we all have many relationships that we navigate every day. This class will address the characteristics of positive relationships, as well as what you can do to enhance your connection to others around you.

Semester	Day	Dates	Location	Time
Fall	No offering this semester.			
Spring	Monday	January 25, February 1, 8, 15, 22, March 1	Business College Complex, Room N124	12:10-12:50 pm for all sessions.
Summer	Thursday	May 27, June 3, 10, 17, 24 July 1	To be determined	

Fundamentals of Meditation

(This series is provided free of charge)

Kiran Gupta, LMSW; Consultant, Emotional Wellness Program

Many people are learning how simple meditation practice can help them relax, clear their minds, and have increased clarity and insight. If you have wondered what meditation is all about, and would like to explore how you might incorporate meditation in your day to day life this six week class will give you an opportunity to learn about and explore this aspect of emotional wellness.

Members of this class will have the opportunity to explore the following:

- The benefits of meditation
- The variety of meditation practices to choose from
- The importance of breathing and centering yourself
- Incorporating meditation into your daily life

Semester	Day	Dates	Location	Time
Fall	Tuesday	September 15, 22, 29 October 6, 13, 20	Olin Health Center, Room 248	5:30 – 6:10 pm
Spring	Tuesday	January 12, 19, 26 February 2, 9, 16		12:10 – 12:50 pm
	Tuesday	March 23, 30 April 6, 13, 20, 27		5:30 – 6:10 pm
Summer	Tuesday	June 22, 29 July 13, 20, 27 August 3		12:10 – 12:50 pm



Grief in the Workplace

(This series is provided free of charge.)

Becki Bowditch, LMSW, ACSW, RPT-S; Consultant, Emotional Wellness Program

Barb Kolp, MA

Lots of people in the workplace are grieving. They may have lost a family member, friend, relative or pet. Find out more about emotions and the grief process. Learn about the misconceptions surrounding grief. Learn what to say and what not to say to help those who are grieving.

Semester	Day	Dates	Location	Time
Fall	No offering this semester.			
Spring	Monday	March 15, 22, 29 April 5	Business College Complex, Room N124	12:10-12:50 pm for all sessions.
Summer	Thursday	July 8, 15, 22, 29	To be determined	

Health4U Book Club

(This series provided free of charge.)

Diane Del Buono, JD, MS, Consultant, Emotional Wellness Program

Coming to you again this fall - the **Health4U Book Club** - in a revised format.

Join a community of colleagues interested in exploring health and well-being through reading. Meet once a month to discuss a book and decide on the selection for the following month.

Interested? Join for one month, a semester or the entire year, or attend whenever you can. As a “member”, you will be sent regular messages regarding the monthly book selection and any other relevant information.

Semester	Day	Dates	Location	Time
Fall	Friday	September 18 October 16, November 20	MSU Union, Lake Ontario Room	12:10-12:50 pm for all sessions.
Spring	Thursday	January 14, February 18 March 18, April 15	248 Olin Health Center	
Summer	Tuesday	June 15, July 20	To be determined	



Healthy Parenting

(This series is provided free of charge.)

Becki Bowditch, LMSW, ACSW, RPT-S; Consultant, Emotional Wellness Program

Parenting is a job that requires the use of personal wisdom, insight, knowledge and creativity! Join this group class/discussion on using positive intervention strategies with children (ages 1-12) so that you can minimize the power struggles you and your child experience.

Semester	Day	Dates	Location	Time
Fall	Tuesday	October 13, 20, 27 November 3, 10, 17	International Center, Room 115	12:10-12:50 pm for all sessions.
Spring	No offering this semester.			
Summer	Monday	May 17, 24 June 7, 14, 21, 28	To be determined	

Holiday Survival Guide

(This series is provided free of charge.)

Jonathon Novello, LMSW; ACSW, Consultant, Emotional Wellness Program

Ahh, the holidays. It's that time of the year that is supposed to be about spending enjoyable time with family, reflecting on the year that is about to pass, or an opportunity to stop for a moment and rest. But, year after year, many of us find that our holidays lack that holiday feeling. Feeling frustrated at the mall, dealing with expectations of relatives and in-laws, balancing work with holiday prep, and struggling with the on-set of the Michigan Winter Blues, we resort to just trying to “get through” the holidays.

This series will offer new ideas and practical approaches to help you move through this holiday season without feeling so stressed out. Perhaps this is the year you get to experience the true spirit of the season.

Semester	Day	Dates	Location	Time
Fall	Monday (Three pre-holiday classes)	November 23, 30, December 7	MSU Union, Lake Michigan Room	12:10-12:50 pm for all sessions.
Spring	Monday (One post-holiday session)	January 11	Berkey Hall, Room 115	

Kripalu Yoga (see also Movement/Fitness)

(Fee based on total weeks/session. Please see below.)

Jo Martinie, Certified Kripalu Yoga Instructor; Therapeutic Massage Technician

Kripalu Yoga is a blend of the traditional yoga approaches. It is gentle and meditative. It is a form of yoga that focuses on reacquainting mind and body. This is accomplished through breath work, stretching, body alignment, Yoga postures and relaxation.

The practice of Kripalu Yoga can stretch your muscles, release tension, refresh you and enhance your concentration. This practice can also help you develop self awareness and self acceptance and to learn to be in the present moment.

Registration and payment required prior to start date of class.

Semester and Fee	Day	Dates	Location	Time
Fall 10 weeks \$30 per person	Friday	September 18 October 2, 9, 16, 23, 30 November 6, 20 December 4, 11	IM Circle Dance Studio for all sessions	12:10-12:50 pm for all sessions.
Spring 12 weeks \$36 per person	Friday	January 22, 29 February 5, 12, 19, 26 March 5, 19, 26 April 9, 16, 23		
Summer 6 weeks \$18 per person	Friday	May 21, 28 June 4, 11, 18, 25		



The Best Medicine? Using Laughter to Improve Your Health!

(This series is provided free of charge)

Kiran Gupta, LMSW; Consultant, Emotional Wellness Program

“Laughter is an instant vacation.” ~Milton Berle

“I am thankful for laughter, except when milk comes out of my nose.” ~Woody Allen

Laughter is a funny thing. We all do it, but many of us take it for granted, not realizing that doing something as simple as laughing can make us healthier and more relaxed. This one time, one hour laughter-based workshop will demonstrate the evidence-based health benefits of chuckles and chortles (yes, there really is research out there about laughing), give you some exercises to get you giggling and guffawing more in your day to day life, and even begin to talk about creating a unique “Laughter Network” right here on campus. Funny, huh?

Semester	Day	Dates	Location	Time
Fall	Thursday	October 15	Olin Health Center, Room 247	12:10 – 12:50 pm
Spring	To be determined			
Summer	To be determined			

Meditation Group

(This series is provided free of charge)

Kiran Gupta, LMSW; Consultant, Emotional Wellness Program

Provides a place for people to meet and gather monthly to enhance their on going practice of meditation. If you do not already meditate and would like to learn, check the Health4U Fundamentals of Meditation class offered each semester.

Semester	Day	Dates	Location	Time
Fall	Wednesday	September 30, October 28 November 18, December 16	Olin Health Center, Room 247	12:10-12:50 pm for all sessions.
Spring	Wednesday	January 27, February 24 March 31, April 28		
Summer	Wednesday	May 26, June 30 July 28, August 18		

Power of Belief

(This series is provided free of charge.)

Lisa Davidson, LMSW, ACSW; Consultant, Emotional Wellness Program

This four session series, which is based on Ray Dodd's book *The Power of Belief*, is designed to help you realize the hidden impact your belief system has on your day to day experience of life.

"What you believe impacts your performance at work, your attitudes about money, how you navigate through the world, and how you conduct all your relationships." (Introduction, Dodd 2003)

Come explore the following:

- How beliefs create internal barriers to success and happiness
- What's behind self defeating behavior
- Becoming aware of your beliefs
- Letting go of old, outdated, unhelpful beliefs
- Practical ways to create new beliefs

Semester	Day	Dates	Location	Time
Fall	Friday	September 25 October 9, 16, 23	Plant and Soil Science, Room A101	12:10-12:50 pm for all sessions.
Spring	Tuesday	March 16, 30 April 6, 13	Berkey Hall, Room 115	
Summer	Monday	July 12, 26 August 2, 9	To be determined	

Relaxing Under the Stars at Abrams

(All sessions are provided free of charge.)

David Batch, PhD; Abrams Planetarium Manager

Remember when you were a kid, when you would lie on the grass on a clear night and just look up at the stars? There is something about staring up at the night sky that is peaceful and relaxing, allowing us to forget about any stress that we might have. Join Health4U and Abrams Planetarium for “Relaxing Under the Stars” to re-capture that same feeling. The first 20 minutes will consist of a guided constellation tour using the impressive Digistar, the computer-graphics based planetarium projector. The second half of the program will feature relaxing music to complement a restful star gazing experience.

Semester	Day	Dates	Location	Time
Fall	Thursday	September 17	Abrams Planetarium	12:10-12:50 pm for all sessions.
	Friday	October 30		
	Thursday	November 19		
	Wednesday	December 16		
Spring	Thursday	January 21		
	Friday	February 5		
	Tuesday	March 23		
	Thursday	April 22		
Summer	Thursday	May 20		
	Tuesday	June 22		
	Tuesday	July 13		



The Healing Power of Guided Imagery

(This series is provided free of charge.)

Lisa Davidson, LMSW, ACSW; Consultant, Emotional Wellness Program

Guided imagery is a form of directed day-dreaming that relaxes the mind and engages the senses in the physical and emotional healing process. It has been shown to alleviate pain, reduce depression and boost the immune system.

Guided imagery can be used by anyone for one or more of the following purposes:

- improve the quality of your sleep
- reduce your personal stress and anxiety and/or depression
- heal from past painful events/trauma/unhealthy relationships
- improve your relationship with your own body/self image
- help you maintain balance and perspective as you move through change and life transitions
- provide a simple, portable means of relaxation

Based on the work of Belleruth Naparstek this 4 session class will provide an overview of guided imagery and explore the practical benefits of using guided imagery to support healing from stress, anxiety, grief, and trauma. Each session will include a 20 minute guided imagery exercise facilitated by Belleruth via audio tape.

Guided imagery is a low cost, easy to use, self care practice. Take an active role in your health by learning to use this powerful healing tool.

Semester	Day	Dates	Location	Time
Fall	Wednesday	October 14, 21, 28 November 4	Eppley Center, Room 117	12:10-12:50 pm for all sessions.
Spring	Friday	February 19, 26 March 12, 19	MSU Union, Lake Ontario Room	
Summer	Wednesday	June 9, 16, 23, 30	To be determined	



Understanding Mood

(This series provided free of charge.)

Diane Del Buono, JD, MS, Consultant, Emotional Wellness Program

Does it ever feel like your mood goes up and down and up and down-almost by the minute and surely by the day? Are you alone in this or is this true for everyone? This class will help you learn more about mood and how it influences your perception and perspective. With an understanding of mood, you can learn better how to appreciate both extremes and use mood to help you navigate your life more effectively.

Semester	Day	Dates	Location	Time
Fall	Tuesday	December 1, 8	South Kedzie Hall, Room S134	12:10-12:50 pm
Spring	Tuesday	February 23, March 2	Natural Resources, Room 001	for all sessions.
Summer	No offering this semester.			

Understanding Stress

(This series provided free of charge.)

Jonathon Novello, LMSW, ACSW; Consultant, Emotional Wellness Program

Life can be challenging. Balancing work and family life can feel hard sometimes. It seems like there is so much going on that feeling stressed out is just a fact of life. When we look at life this way, it may feel like we are at the mercy of others, our job responsibilities, our family obligations. Ugh! But, what if there was a way to experience a busy, full life without feeling so exhausted, overwhelmed, upset, and...well, stressed.

This six-week class series will help you learn new, practical ways to reduce your stress and manage your daily life more effectively.

Week 1: What is stress?

Week 2: Thoughts and Belief

Week 3: A Cycle of Thinking

Week 4: The Power of NOW!

Week 5: Stress in relationships!

Week 6: Putting it all together

Semester	Day	Dates	Location	Time
Fall	Monday	September 28, October 5, 12, 26, November 2, 9 (skip October 19)	McDonel Hall, Room C101	12:10-12:50 pm for all session.
Spring	No offering this semester.			
Summer	No offering this semester.			

NutritionMatters

NutritionMatters is the food and nutrition component of Health4U. Classes are designed to bring you information to support you in eating in an enjoyable and confident way.

Culinary Cooking and Concepts

(Fee: \$14.00/Person/Session)

Peggy Crum, BS, RD; Consultant, NutritionMatters Program

John Findley, Executive Chef; University Club

Plan to take a break from your usual lunch routine and join us for a fabulous meal in the elegant and relaxed atmosphere of the University Club. A theme-based menu served to you will nourish your body while the speaker gives you food and cooking knowledge to enrich your mind. *Cooking* sessions feature Chef John Findley as he shares his skills in the culinary world in his delightfully friendly way. *Concept* sessions feature nutritionist Peggy Crum who will impart her knowledge of food and nutrition, her wisdom about feeding yourself and your family, and her advice on enjoying good food.

Culinary Cooking and Concepts is held at the University Club of MSU. Meal service begins promptly at 12:00 noon and is completed in time for you to depart by 1:00 pm. Fees include lunch and beverage, gratuity for the wait staff and an interactive speaker session. Reservation and payment is required one week prior to each session date.

(1) Thursday, September 24, 2009 – Culinary Cooking “Oktoberfest Feast”

This year is the 169th Oktoberfest, a German festival that runs from September 19 through October 4, 2009. Can't go to Munich? Sign up for our Oktoberfest Feast featuring the chef's twist on traditional Bavarian cuisine. Chef John will teach you each skill you need to duplicate this menu at home.

(2) Thursday, October 22, 2009 – Culinary Cooking “A Brunch to Talk About”

Whether you are preparing an early game tailgate or a gathering of family and friends, a brunch is a time to make some unique and tasty recipes. The chef will demonstrate how to make a bisque, unique fillings for crepes, and some knife skills needed for kitchen-duty.

(3) Wednesday, November 18, 2009 – Culinary Concept “Extreme Meal Makeovers”

“Leftovers” means “makeovers” when you think outside-the-box! Our menu features several recipes that can re-purpose foods left from one meal into delicious offerings at another. The eaters at your table won't even suspect that you are economizing!

(4) Wednesday, January 20, 2010 – Culinary Cooking “Soup-er Bowl”

A bowl of soup to warm you on a cold and wintery day—well, how about 2? Our menu features two soups and a sandwich. The chef will teach you the skills you need to make *soup du jour* all winter long.

(5) Tuesday, February 9, 2010 – Culinary Concept “The Foods of Love III”

Throughout history many foods, drinks and behaviors have achieved a reputation for being aphrodisiacs. Just in time to plan your menu for Valentine's Day, join Peggy for a tour around your plate as she describes the sensual pleasures of food.

(6) Wednesday, March 17, 2010 – Culinary Concept “Crock Pot: Slow Cooking for Fast Meals”

Getting dinner on the table can be a daily grind. Walking into the house to the aroma of dinner all ready for the table is a relief and a delight. So dust off your crock-pot; dig your slow cooker out of the back of the cabinet. This menu and concept presentation features recipes that are best when simmered, perfect for your crock-pot.

(7) **Wednesday, June 2, 2010 – Culinary Cooking “Summer Sizzle BBQ”**

Need some new ideas to kick off the summer grilling season? Join Chef John as he teaches us techniques for an entire meal on the barbecue. You will also get ideas for quick and easy side dishes to enhance your menu.

(8) **Tuesday, August 17, 2010 – Culinary Concept “Marinades and sauces and rubs, oh my!”**

Summer’s herbs are at their peak, ready to enhance the flavor of any dish. In this concept talk, Peggy will teach you how to use herbs and spices in rubs and pastes and marinades.

Healthy Eating: Food for Families

(This series is provided free of charge.)

Peggy Crum, BS, RD; Consultant, NutritionMatters Program

In our hectic lives, getting a meal on the table often takes a backseat to all of the activities of a busy family. You will find help for the dilemma of the selective (aka: picky!) eater and the other problems around the table. Based on the work of Ellyn Satter, this three-week noontime program will help you take a commonsense approach to feeding yourself and your family.

Week 1: The Secret Revealed

Week 2: Planning Meals and Snacks

Week 3: Let’s Get Cooking

Semester	Day	Dates	Location	Time
Fall	No offering this semester.			
Spring	Wednesday	February 3, 10, 17	Berkey Hall, Room 115	12:10-12:50 pm
Summer	No offering this semester.			



How To Eat Alumni Group

(This series is provided free of charge.)

Peggy Crum, BS, RD; Consultant, NutritionMatters Program

The purpose of this discussion group is to support people who participated in the How To Eat program, either in the group class or through one-on-one coaching, in maintaining their focus on internally regulated eating. *Please feel free to bring your lunch.*

Semester	Day	Dates	Location	Time
Fall	Thursday	September 10, October 8 November 12, December 10	Business College Complex, Room N125	12:10-12:50 pm for all sessions.
Spring	Tuesday	January 19 February 16 March 16* April 20	Berkey Hall, Room 115 *Olin Health Center, Room 248	
Summer	Thursday	May 20, June 17 July 15, August 12	To be determined	

How To Eat ...Resolving the Weight Dilemma

(This series is provided free of charge.)

Peggy Crum, BS, RD; Consultant, NutritionMatters Program

Eating is okay. Eating well is one of life's great pleasures. However, for many people, eating is anything but a pleasure. More and more people of all ages are distressed about eating, locked in a struggle to change their bodies and limited in the time and energy they have to devote to other activities.

How to Eat ...is an eight-week group program for men and women for whom eating and weight is a major issue in life. How to Eat ...teaches normal eating—finding the rewarding, self-confident and orderly middle ground between dieting and throwing away all controls with eating. In the process, it helps resolve your conflict and anxiety about eating. HOW TO EAT can help you if you are doing satisfactorily in your life and simply want to mend your relationship with food and eating.

Semester	Day	Dates	Location	Time
Fall	Tuesday	Orientations – pick one date: September 22 or 29	Hubbard Hall, Room 131	12:10-12:50 pm for all sessions.
	Tuesday	October 6, 13, 20, 27 November 3, 10, 17, 24		
Spring	Thursday	Orientations – pick one date: February 25 or March 4	Wonders Hall, Room C100	
	Thursday	March 18, 25 April 1, 8, 15, 22, 29 May 6		
Summer	Wednesday	Orientations – pick one date: May 19 or 26	To be determined	
	Wednesday	June 9, 16, 23, 30 July 7, 14, 21, 28		



Vegetarianism 101

(This series is provided free of charge.)

Peggy Crum, BS, RD; Consultant, NutritionMatters Program

Vegetarian takes on different meanings for different folks: very strict (vegan); full-time or part-time vegetarian; mostly vegetarian—someone who includes eggs or milk, fish or chicken; omnivore who likes to include lots of vegetables; or wanna-be vegetarian. A 2-part how-to class will help you interpret recommendations and successfully plan a plant-based diet. Class attendants will choose which food they would like to learn more about to be presented in the cooking demonstration the following week.

Semester	Day	Dates	Location	Time
Fall	Wednesday	December 2, 9	McDonel Hall, Room C101	12:10-12:50 pm for all sessions.
Spring	Tuesday	April 6, 13	International Center, Room 115	
Summer	To be determined			

Movement/Fitness

Health4U has joined forces with six MSU associated programs. These programs offer high quality individual and/or group movement/fitness opportunities. Health4U is pleased to encourage faculty, staff, retirees, graduate student employees, and their partners/spouses to connect with these campus associated/affiliated programs.

Active Stretching

(Fee based on total weeks/session. Please see below.)

Deb Popp, Personal Trainer; Michigan Athletic Club

The ideal combination of stretching techniques partnered with simple yoga poses. This is a great class for people of all fitness and stretching levels.

Registration and payment required prior to start date of each session.

Semester and Fee	Day	Dates	Location	Time
Fall 12 weeks \$36 per person	Thursday	September 17, 24 October 1, 8, 15, 22, 29 November 5, 12, 19 December 3, 10	IM Circle Dance Studio for all sessions	12:10-12:50 pm for all sessions.
Spring 12 weeks \$36 per person	Thursday	January 21, 28 February 4, 11, 18, 25 March 4, 18, 25 April 8, 15, 22		
Summer 10 weeks \$30 per person	Thursday	May 20, 27 June 3, 10, 17, 24 July 8, 15, 22, 29		

Kripalu Yoga (see also Emotional Wellness)

(Fee based on total weeks/session. Please see below.)

Jo Martinie, Certified Kripalu Yoga Instructor; Therapeutic Massage Technician

Kripalu Yoga is a blend of the traditional yoga approaches. It is gentle and meditative. It is a form of yoga that focuses on reacquainting mind and body. This is accomplished through breath work, stretching, body alignment, Yoga postures and relaxation.

The practice of Kripalu Yoga can stretch your muscles, release tension, refresh you and enhance your concentration. This practice can also help you develop self awareness and self acceptance and to learn to be in the present moment.

Semester and Fee	Day	Dates	Location	Time
Fall 10 weeks \$30 per person	Friday	September 18 October 2, 9, 16, 23, 30 November 6, 20 December 4, 11	IM Circle Dance Studio for all sessions	12:10-12:50 pm for all sessions.
Spring 12 weeks \$36 per person	Friday	January 22, 29 February 5, 12, 19, 26 March 5, 19, 26 April 9, 16, 23		
Summer 6 weeks \$18 per person	Friday	May 21, 28 June 4, 11, 18, 25		

Intramural Sports and Recreative Services (IM Sports Services)

IM Sports Services has exercise options for MSU Students, Faculty, Staff, Alums, and Retirees. From state of the art Fitness Centers to Group Exercise including Yoga, Pilates, and more, there are wonderful options to fit your schedule. For a complete schedule of classes, description of the IM Fitness Centers, and information regarding Personal Training, please visit the IM Sports Web site www.imsports.msu.edu or contact **Rebecca Kegler** at **353-3186** or via email at kegler@imsports.msu.edu or call or **353-3136**.

MSU Bikes Service Center & Canoe Rentals

The MSU Bikes Service Center offers year-round bicycle rentals, sales (used bikes only) and repair services to the campus community. It also offers canoe rentals on the Red Cedar River. The Center is located under the Bessey Hall auditorium, right on the river trail, just 300 ft. northwest of the Farm Lane bridge. The Center's hours vary by semester, so it's best to check their web site, www.bikes.msu.edu for current hours or call (432-3400) or email: bikes@msu.edu.

MSU Tennis Center

The MSU Tennis Center is a full-service tennis center that is open to the public, as well as the MSU Community. The Tennis Center offers a wide range of lessons, classes, leagues, permanent court time and travel teams for all ages and skill levels. The Tennis Center does not have an initiation fee or monthly dues like other clubs require. The Tennis Center offers a unique "pay as you play" opportunity. For more information, visit the [MSU Tennis Center](http://MSU Tennis Center website) website, call **355-2209**, or contact Heather Mactaggart via e-mail mactagga@msu.edu.

Olin Health Center: Health Education Services – Life Rx Program

The LifeRx program is a comprehensive lifestyle and fitness assessment and individualized counseling and health prescription service. The program is designed to provide a detailed personal profile including aerobic capacity, heart rate (resting, training and recovery), muscular strength, flexibility, body composition, muscle endurance, lung capacity, cholesterol/HDL and lifestyle risk status. The baseline assessment and the individuals' needs and goals are used to design a personal fitness and lifestyle program. Individual clients are encouraged to monitor their progress with repeat assessments. The emphasis is on providing a service that is accessible, affordable and motivational. For more information or to schedule a [Life Rx](#) appointment, visit the website or call **353-4660**. The staff contact person for this program is Jonathon Kermiet who can be reached at 353-0718 or via e-mail Jonathan.Kermiet@ht.msu.edu.

The University Club of MSU Fitness Center and Spa

The University Club of MSU Fitness Center and Spa provides noontime and early evening movement/fitness classes offered specifically for Health4U eligible participants. The classes include Pilates, Body Conditioning, Body Sculpting and Spinning. There are fees associated with these classes. Participants in University Club Health4U offerings have the option of paying for these classes/services via a Drop-in rate of \$6/class, a 10-class punch card (\$44 for 10 classes), or a flat rate of \$129 for a semester, unlimited access pass. For more information regarding the offerings please visit the [University Club](#) website or contact **Steve O'Rourke** at **353-5113** or e-mail storourke@hotmail.com.

“We Can Row” Breast Cancer Survivors

If you are a breast cancer survivor looking for camaraderie as well as a physical outlet, you may be interested in the “We Can Row” program at MSU. This program, facilitated by [Stacey Rippetoe](#), Assistant Coach for the MSU Women’s Rowing Team, teaches breast cancer survivors how to row. “We Can Row” is also an ongoing study designed to measure the value of exercise in breast cancer survivors. The program goals are to:

- (1) develop a healthy and strong body;
- (2) be an active participant in your own recovery;
- (3) assert control over your body;
- (4) rediscover the joy of movement; and
- (5) contribute to a mutually empowering recovery team.

“We Can Row” begins where surgery and physical therapy end by providing physical exercise, self-image enhancement, group support and a team building approach. Highly knowledgeable and experienced coaches and athletes provide guidance, recognizing the integration between the survivor’s mind, body and spirit and improving personal and athletic recovery and growth. Come join the “Pink Ribbon Crew” for a rewarding experience! Contact [Stacey Rippetoe](#) at **432-0876** or rippetoe@ath.msu.edu for more information.

Smoking/Tobacco Cessation

MSU's U Can Quit. We Can Help. Program has been designed with YoU in mind! We know that at any given moment, smokers across the MSU community are at very different places when it comes to their thoughts about quitting tobacco. Some of you are seriously thinking about quitting, but haven't made a firm commitment to do so just yet. Others are ready to quit, are planning to take some kind of action very soon, and are putting together a plan to make it work this time. Still others have begun to put their plans into action and have actively started to quit smoking. There are probably plenty of you who have already quit, and are just working to stay quit for good.

No matter where you are in the process, the U Can Quit Program has something for you. Click on the links below to explore and learn about the different options that MSU's U Can Quit Tobacco Cessation Program has available for you.

Programs offered by the MSU U Can Quit. We Can Help. Program: **MSU Smoking Cessation Project**

Want to quit smoking, but not sure you can? There is help available to you through a program that combines the medication CHANTIX with medical evaluation and monitoring, as well as, structured behavioral support.

The Michigan State University Smoking Cessation Project is seeking MSU faculty, academic and support staff and benefits-eligible dependents to participate in this evidence-based smoking/tobacco cessation program.

The MSU Smoking Cessation Project is offered through a partnership between Human Resources, Olin Health Center, and the Office of the University Physician-Health4U Program. The program will run for one year with a total maximum enrollment limit of 50 people. There will be two enrollment cycles, each limited to a maximum of 25 participants.

One On One Coaching

Many people make an attempt to quit and don't make it long term. When that happens, people become frustrated and discouraged from trying to quit again. Sometimes, people who have made several attempts to quit find it helpful to have someone "in it with them", someone they know is in their corner, someone who will help them identify and move beyond any barriers that might exist to prevent them from becoming or staying tobacco free.

If this sounds like you, then you might be interested in meeting with a Health4U QuitCoach, a professional trained to help you identify those emotional and psychological habits that seem to keep you from quitting and staying quit for good. The Quit Coach will help you identify how ready you are to quit, what quit style may work best for you, as well as helping you create your quit plan and develop effective strategies to deal with the stressors and challenges you think you will face when you quit.

To set up a meeting with a Health4U Quit Coach, call 517-353-2596, or email us at info@ucanquit.msu.edu or health4u@msu.edu.

QuitNet

The world's leading provider of online tobacco cessation services is now offered to MSU faculty, staff, graduate student employees, and retirees at no charge.

QuitNet has a simple, but far-reaching mission: to help you successfully quit using tobacco. It is an internet based service designed to help individual tobacco users through the quitting process. QuitNet combines evidence-based methods of treating tobacco addiction with a powerful and effective individually controlled program that is available to anyone, anytime, anyplace! To learn more about QuitNet, please visit <http://www.quitnet.com/> or <http://ucanquit.msu.edu/help/quitnet.htm>.

U Can Quit Support Group

The U Can Quit Support Group is a fellowship designed to provide support in our effort to quit smoking and live our lives free of nicotine. The group sessions are a place for people to come and share their personal experiences with smoking, attempting to quit, and staying quit over time. When people come to the U Can Quit Support Group they hear what others have experienced while withdrawing from Nicotine. They become more knowledgeable from first hand information and they begin to learn HOW to quit smoking.

If you are still using tobacco, we invite you to use this group as a place where you can really take a look at what your use is all about and what is in the way of your quitting. If you are in the process of quitting, we invite you to use this group as a means of support while you and your body transition from smoking to non-smoking. If you have already quit, we invite you to use this group as a place to hear stories that remind you of why you don't ever want to go back to smoking even if you are tempted to relapse. We also invite you to use this group as a place to learn new skills and increase your level of emotional wellness so that you are less at risk to transfer your addiction to nicotine to some other person/behavior/substance. For more information, visit health4u.msu.edu, call 517-353-2596, or E-Mail: health4u@msu.edu.

Semester	Day	Dates	Location	Time
Fall	Wednesday	September 9, 23, October 14, 28, November 11, 25, December 9	Olin Health Center, Room 248	12:00-1:00 pm for all sessions.
Spring	Wednesday	January 13, 27, February 10, 24 March 10, 24, April 14, 28		
Summer	Wednesday	May 12, 26, June 9, 23 July 14, 28, August 11, 25		

Quit-Kit

Michigan Smoker's QuitKit: Provided by the Michigan Department of Community Health, the Smoker's Quit Kit will teach you about the three steps of quitting, including how to decide if you are ready to quit, how to come up with a plan to prepare you to stop smoking and how to stay tobacco-free. If you are just starting to think about quitting tobacco, and you just want to begin to collect some information, this is a great place to start. Interested? Request a QuitKit from Health4U by calling us at 517-353-2596, or email us at info@ucanquit.msu.edu or health4u@msu.edu.

Health4U Services

The Health4U Program is continuing to launch and expand health promotion services. Join us in helping to create a healthier campus and a healthier you. For information on any of our classes or services, please visit health4u.msu.edu, call 517-353-2596, or send an email to health4u@msu.edu.

Coaching (Fee based service)

[Health4U Coaching Services](#) offer the opportunity for faculty, staff, graduate student employees, retirees, and the spouses/partners of members of these groups to participate in confidential, one-on-one sessions with a qualified health and lifestyle coach.

The coach and the client focus on the aspect of health and lifestyle that the client wants to learn more about, modify, or change.

The goal of Health4U Coaching Services is to assist the client by providing access to accurate health and lifestyle information, helping the client explore new behaviors/skills, and identifying useful campus and/or community resources.

Health4U Coaching is available in five focus areas: Emotional Wellness, Health Consumerism/Self-Care, NutritionMatters, Movement/Fitness, and Smoking/Tobacco Cessation.

Departmental Services

(Fee based service)

[Department Services](#) provides the opportunity for the Health4U staff to deliver health promotion services within the department setting. The goal of department based services is to encourage work colleagues to learn together and explore ways to maintain a healthy lifestyle in a supportive, group oriented setting. Classes can be tailored to the department.

Health4U Resource Library

(No charge to use the Health4U Resource Library)

The Health4U Resource Library contains a collection of reading materials to help with your continuing health and lifestyle education.

Healthwise Knowledgebase

(Free access to [Healthwise Knowledgebase](#))

MSU Healthwise Knowledgebase (HWKB) is a comprehensive health database intended to help MSU Faculty, Staff, and Retirees access health information to enhance decisions regarding personal/family health issues. HWKB content is evidence based, unbiased, and up-to-date. Health topics are organized according to how most consumers use information to become better informed about health issues. The database is easy to use. You just type in the health topic you are interested in or select it from the alphabetic listing provided.

MSU Healthwise Knowledgebase gives you the tools you need to research diagnosed conditions, medical tests, medications, and treatment options.

Access to the MSU HWKB is supported by the Health4U Program, Human Resources, and the University Physician's Office.

Healthy E-Mail Service

(Free access to [Healthy E-mail Service](#))

Healthy E-Mail Service is a free, evidence-based, weekly e-message covering a wide range of current health topics relevant to the MSU Faculty, Staff, and Retiree population. E-Messages are designed to improve overall health knowledge and enhance the reader's ability to understand and make decisions regarding personal/family health issues.

MSU Moves

MSU Moves is being redesigned. Stay tuned for the expected re-launch of MSU Moves Fall 2010!

NutritionMatters E-Message

(Free access to [NutritionMatters E-messages](#))

Each month during the academic year, the NutritionMatters E-Message gives the reader a boost to help maintain pleasurable eating in an internally regulated way. The media is super-saturated with information about nutrition, most of it aimed at cutting calories and losing weight. The goal of the NutritionMatters E-Message is to critically review recommendations, hold them up against evidence-based medical information and reassure you that a non-dieting approach to eating optimizes nutrition.

Recipe for Health Project

(Free access to [Recipe for Health](#))

Do you wonder what to do with quinoa, how to peel shrimp, need a fresh idea for broccoli, or want a remedy for ho-hum breakfasts? Recipe for Health brings you information and recipes, one food at a time! This collaborative project, a partnership between University Housing Dining Services and Health4U, features a food of the month as well as a recipe tested to be successful in your home kitchen. Additionally, you will learn when and where you can eat on campus to enjoy the recipe before you prepare it at home. Now in its third year, there are many featured foods archived on line at Recipe for Health.