

Our Vision is to inspire overall employee health and wellness through:

1. Participation in support of community-based organizations that promote wellness.
2. Education of employees through wellness-related programs, activities, and information.
3. Increasing awareness in the College community of the purpose and vision of the Wellness Program at MCC.
4. Empowering individuals to take responsibility for their own health.
5. Increased College participation.



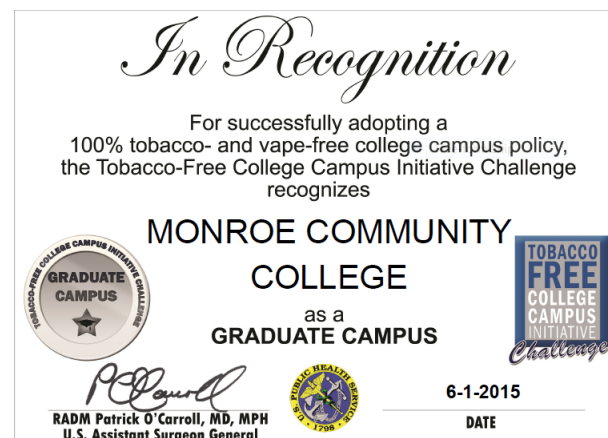
MCC Wellness Council

Pictured: Margaret Whelehan, Housing & Residence Life
 Dolores Pasto-Ziobro, Internal Audit
 Susan George, Health Services
 Eileen Scorgie, Academic Services
 Lori Scipioni, President's Office
 Cynthia Childs, Excellus
 Julianna Frisch, President's Office
 Tanya Rich, Hospitality

Not Pictured: Gary Jones, American Heart Association
 Matt Farley, Sodexo
 Marc Natale, American Heart Association
 Katie Nicholas, Athletics
 Deneen Rhode, Health & Physical Education
 Sandy Warren, Human Resources



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.



Wellness Council

MONROE COMMUNITY COLLEGE

Wellness Programs 2015—2016

The MCC Wellness Program fosters community engagement and promotes employee health through education. The College community encourages employees to integrate wellness activities and philosophy into their work and life experiences



MCC Homecoming 5K for Scholarships



2015-2016 MCC Wellness Calendar

MCC offers a wide variety of intramural activities for faculty, staff, and students. Intramural resources that are open and free to the College community include:

Fitness Class

Zumba: Monday, Wednesday, and Friday: 5:00—6:00 pm, Bldg. 10, Room 143 (Dance Studio)

Zumba instructor Andrea Bonaccorso will get you dancing to great music, with great people, and burning a ton of calories without even realizing it! Employees and students at any current level of fitness are welcome to join in the fun and get fit.

Recreation

PAC Fitness Center: Monday—Friday, 11:00 am—2:00 pm and 6:00 pm—9:30 pm; Saturday, closed; Sunday, 12:00 pm—4:00 pm

Human Performance Lab (Bldg. 10): Monday—Thursday, 3:30 pm—8:00 pm; Friday, 2:00 pm—6:00 pm; Saturday, 12:00 pm—4:00 pm; Sunday, closed.

State-of-the-art air conditioned fitness centers with a wide variety of quality exercise equipment. The equipment includes strength training systems and a wide variety of cardio fitness training pieces. Staff are available to instruct on equipment usage.

Damon City Campus Fitness Center, Fourth Floor, Room 4012: Monday & Wednesday, 12:00 pm—5:00 pm; Tuesday & Thursday, 2:00 pm—7:00 pm; Friday, 10:00 am—2:00 pm

The Fitness Center offers an array of aerobic and strength-building equipment for faculty, staff, and students to use. Locker and shower facilities are also free of charge. Please call 262-1757 for hours during summer and breaks.

For more information go to: www.monroec.edu/depts/dstuser/fitcent.htm



Open Swim (Bldg. 10): Monday, Wednesday, Friday, 11:00 am—12:50 pm

Open Soccer (PAC): Monday, Wednesday, Friday, 12:00 pm—1:00 pm

Open Racquetball (Bldg. 10): Monday, Wednesday, Friday, 12:00 pm—1:00 pm

PAC Center Track: Monday—Friday, 8:00 am—10:00 pm

Disc Golf Course (2700 Brighton-Henrietta Townline Rd.)

Two courses that maximize the campus's beautiful landscape including the pond, field and back woods. If you can throw a Frisbee and like to have fun, Disc Golf is one of the best lifetime fitness sports!

Open Skate (Bill Gray's Regional Iceplex)

50 percent discount with an MCC ID. Go to www.billgraysiceplex.com for skate hours

September: **Friday, September 18:** Light the Night Walk “Taking Steps to Cure Cancer” to benefit the Leukemia and Lymphoma Society
5:00 pm, MCC Brighton Campus; <http://pages.lightthenight.org/wcny/Rochestr15>

October: **Wednesday, October 14:** AAWCC Pink the PAC and Atrium: Walk/Run to benefit the Rochester Breast Cancer Coalition
12:00 12:50 pm, Brighton Campus, PAC / DCC, Atrium

Saturday, October 10, MCC Foundation Homecoming 5k Walk/Run for Scholarships, 9:30—11:30 am, Brighton Campus. Homecoming Tailgate party following in the gym.

November: **Saturday November 7:** East Ave Grocery Run to benefit Foodlink.
8:15 am 5k run/walk, 9:15am 1 mile run/walk, 9:30 am Children's Fun Run.
East Avenue at Meigs Street. <http://www.groceryrun.org/>

November 16 – 20: AAWCC Thanksgiving Food Drive to benefit the MCC Food Cupboard

December: ** Learn It to Live It/ Moving to Health: Educating employees on the benefits of being active/fit in 2016. Move More, Feel Better and/or Be Stressed Less!

January: **January 18-22:** Week of Wellness highlighting new Spring Wellness Initiatives!

February: **Wednesday, February 3 – DCC, Atrium**
Friday February 5 – Brighton Campus, Campus Center Atrium
Go RED for Women Campaign to benefit the American Heart Association
12:00 – 12:50 pm

** Athletic/Fitness Facilities Spring Open House

February is take the Stairs month!

March: **National Nutrition Month:** 10 days of Real FOOD Challenge!

Excellus Health Education Program: All About Plant Based Diets

April: **Wednesday April 6:** National Walking Day, celebrate newly marked Walking Trails, Campus walks at 12:00 and 1:00 pm
Heart Walk to benefit the American Heart Association
Information TBD

May: ** Athletics Summer Open House/MCC Field Days

June: GOOD FOOD Collective Summer Share program kicks off

** ROCrun for Literacy

September—Squash
October—Apples
November—Pumpkin
December—Cranberries
February—Root Vegetables
March—Grains
April—Tropical Fruit
May—Berries
June—Greens



The Wellness Council is excited to introduce the “Food of the Month” which will highlight a specific food each month with signature items around the campus. Be on the look out for these items in the Marketplace as well as other areas around the College!



MCC Health Services offers Health Presentations for students and employees including healthy relationships, substance abuse, suicide prevention, and behavioral health. Presenters are from MCC, UofR Medical Center, Excellus, Jordan Health, and many other local experts. Visit Health Services at the Brighton Campus, Building 3, Room 165 for a brochure or contact Sue George at sgeorge2@monroec.edu.

Meditation Group

Meditation/mindfulness practices have been found to reduce stress and improve the quality of our daily lives and interactions. Getting started and developing a consistent practice can often be challenging. Many people benefit from learning and practicing meditation in a small group community. We offer a weekly opportunity to learn more about mindfulness practices such as meditation, Qi Gong, and Tai Chi in a warm, welcoming and supportive environment. No experience or special equipment is needed—just your breath and an open mind and heart. Please join us every Wednesday at 12:00 pm and Friday at 1:00 pm beginning September 9th, location to be announced in the MCC Daily Tribune.