



## MCC Wellness Council Mission

The MCC Wellness Council supports employees' efforts to live a healthy lifestyle by providing tools, resources, and programs to help you every step of your wellness journey! There are many benefits to participating in wellness programs that can help you be more engaged and more productive at work and home. Make wellness a priority and support your colleagues and family members to do the same. The MCC Wellness Council is dedicated to your well-being. Together we can continue to improve the health of our entire MCC community.

## Why Participate?

### *MCC Wellness Program*

Are you interested in developing healthy habits to feel energized, engaged, and happy at work and in your personal life? The Wellness Council and various groups across the College offer programs that support the eight wellness dimensions: occupational, social, emotional, spiritual, intellectual, physical, environmental, and financial. MCC's Wellness Program is a coordinated and comprehensive set of health promotion and protection strategies developed by a group of employees who have a passion and commitment to promoting a healthy lifestyle. The MCC Wellness Program includes events and resources designed to encourage the health of all employees.

The MCC Wellness Council is rolling out a Wellness Passport Program for Spring 2024 (January through June). The goal of the Wellness Passport is to participate in at least 5 programs, minimum of 3 MCC sponsored Wellness Events and 2 Preventive Care services, to be entered into a drawing for an opportunity to win a prize. The more you participate the greater chance you have to win a prize. There will also be a grand prize drawing for employees who embrace wellness.

Make sure you get a Wellness Passport and record your healthy activities. Completed Wellness Program sheets and Preventive Care sheets should be dropped off at the Wellness Council mailbox in, 1-107, Brighton Campus employee mailroom or scan in the pages and e-mail to [MCCWellness@monroecc.edu](mailto:MCCWellness@monroecc.edu), by Friday, June 14, 2024. Additionally, there is an electronic passport available for tracking wellness activities.

Please contact us at [MCCWellness@monroecc.edu](mailto:MCCWellness@monroecc.edu) and we will send you a passport or pick up a passport at one of the College sponsored wellness events.

If you would like to stay more connected to the MCC Wellness Council join our Facebook group at: <https://www.facebook.com/groups/MCCWellnessCouncil/>.

## Additional Resources

For additional information on benefits the college provides please visit **Lawley's Wellness Hub** by scanning the QR code below:



For additional information on the **MCC Wellness Council's** resources, scan the QR code below.



# Wellness Dimensions



Figure 1. Wellness Wheel. From <https://www.headspace.com/mindfulness/wellness-wheel>

## ***Take a look at the Wellness Wheel***

- Emotional Wellness - Coping effectively with life and creating satisfying relationships
- Spiritual Wellness - Expanding our sense of purpose and meaning in life
- Intellectual Wellness - Recognizing creative abilities and finding ways to expand knowledge and skills
- Physical Wellness - Recognizing the need for physical activity, diet, sleep, and nutrition
- Environmental Wellness - Good health by occupying pleasant, stimulating environments that support well-being
- Financial Wellness - Satisfaction with current and future financial situations
- Occupational Wellness - Personal satisfaction and enrichment derived from one's work
- Social Wellness - Developing a sense of connection, belonging, and a well-developed support system

# Wellness Programs Spring 2024

Full Name: \_\_\_\_\_ Date: \_\_\_\_\_

Telephone # (best to be contacted at): \_\_\_\_\_

Event	Sponsors	Date	Date(s) Completed
Project Zero <i>Wellness Dimension(s): social &amp; physical</i>	Wellness Council	January 2024	
Black History Month, Film & Story Telling Series <i>Wellness Dimension(s): emotional, spiritual, &amp; intellectual</i>	AAWCC, Campus Events, Henry Brown, Athletics, & African American Affinity Group	February 2024	
Retirement Series <i>Wellness Dimension(s): financial</i>	Human Resources/Wellness Council	February/March 2024	
Brown Bag Lunch Series on Diversity, Equity, & Inclusion in Teaching & Learning <i>Wellness Dimension(s): Intellectual, social, &amp; occupational</i>	Teaching & Creativity Center	February through April 2024	
Diversity, Equity, and Inclusion Workshop Series <i>Wellness Dimension(s): Intellectual, social, &amp; occupational</i>	Teaching & Creativity Center	February through May 2024	
Family Ice Skating Event <i>Wellness Dimension(s): physical &amp; social</i>	Wellness Council	March 2024	
Cooking Class (Recipes to lower Cholesterol) <i>Wellness Dimension(s): emotional, intellectual, physical &amp; social</i>	Wellness Council/Hospitality Dept.	March 2024	
Sustainability Tabling Event <i>Wellness Dimension(s): environmental</i>	MCC Sustainability Committee	April 2024	
VAPA Play – A night of dinner and Theatre “Clue” <i>Wellness Dimension(s): social, emotional, &amp; intellectual</i>	Wellness Council	April 2024	
Fundraising & 5k Run/Walk American Heart Association <i>Wellness Dimension(s): financial, physical, &amp; social</i>	AHA Committee/Wellness Council	April/May 2024	
You Grow Girl! <i>Wellness Dimension(s): emotional, environmental, &amp; social</i>	Wellness Council	June 2024	
Craft Club <i>Wellness Dimension(s): social, intellectual, &amp; spiritual</i>	Support Staff Planning Council (SSPC)	January through December 2024	
Other			

# Preventive Care Program

What is preventive care? Preventive care includes a variety of health care services focused on helping you maintain good health. Regular medical care focuses on treating illness, while preventive care aims to keep you from getting sick in the first place. Examples of preventive care include: physical examinations, health screenings, lab tests, counseling and immunizations.

Full Name: \_\_\_\_\_ Date: \_\_\_\_\_

Telephone # (best to be contacted at): \_\_\_\_\_

Preventative Screening	Date(s) Completed
Routine Physical Exam (Annual Well Visit) w/ Blood Pressure, Body Mass Index & Blood Work (Every 1-3 years)	
Vision Exam (Every 1-3 years)	
Dental Exam (Every year)	
Mammogram (Age 40-66+ every year, or earlier with family history)	
Prostate Cancer Screening (Age 40-75 years, or earlier with family history)	
Pap Smears (Age 21+, every 1-3 years or Physician orders)	
Colonoscopy (Age 50+, every 10 years)	
Immunization (e.g. Flu shot)	
Other Preventive Tests (e.g. Skin Exam, Blood Pressure Screening, Colorectal Cancer Screening etc.,) Refer to list provided and/or speak with Physician	

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Congratulations for a job well done for taking charge of your health!