



## July Employee Well-Being Newsletter



July is UV Safety Month. Most skin cancers are caused by too much exposure to ultraviolet (UV) light. Protection from UV rays is important all year. In July, we raise awareness that UV is the root cause of most skin cancers and encourage you to take precautions. The American Academy of Dermatology recommends following

three simple steps while outdoors:

- Seek shade when appropriate
- Wear sun-protective clothing
- Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher

As part of a complete early detection strategy, AAD recommends that you see a dermatologist once a year, or more often if you are at a [higher risk of skin cancer](#), for a full-body, professional skin exam. Don't have a dermatologist? Please visit the [SluCare](#) list of Dermatology professionals for a list of Tier One Providers.



**Walk to The National Parks Challenge** is going strong! We have 61 teams participating from across campus. With LRC Walking Club, Prancercisers, Student Development, Cake Walk, Wanderers, Data Steppers, Billiken Explorers, Facilities Park Rangers, Gateway Girls, Financial Aid Flurries, Cake Walk, EHS & Friends, and Kickin Assests are some of our top teams. If you are interested in joining or starting a team, there is still time. Please visit our [wellness portal](#) to sign up. If you are interested in setting up your account on our [wellness portal](#) you can do that today. Traveling to a National Park this summer? We want to see where our faculty and staff are moving their bodies. Send a photo to [employee wellbeing@slu.edu](mailto:employee wellbeing@slu.edu)



### **Summer Yoga & Summer Strength Classes**

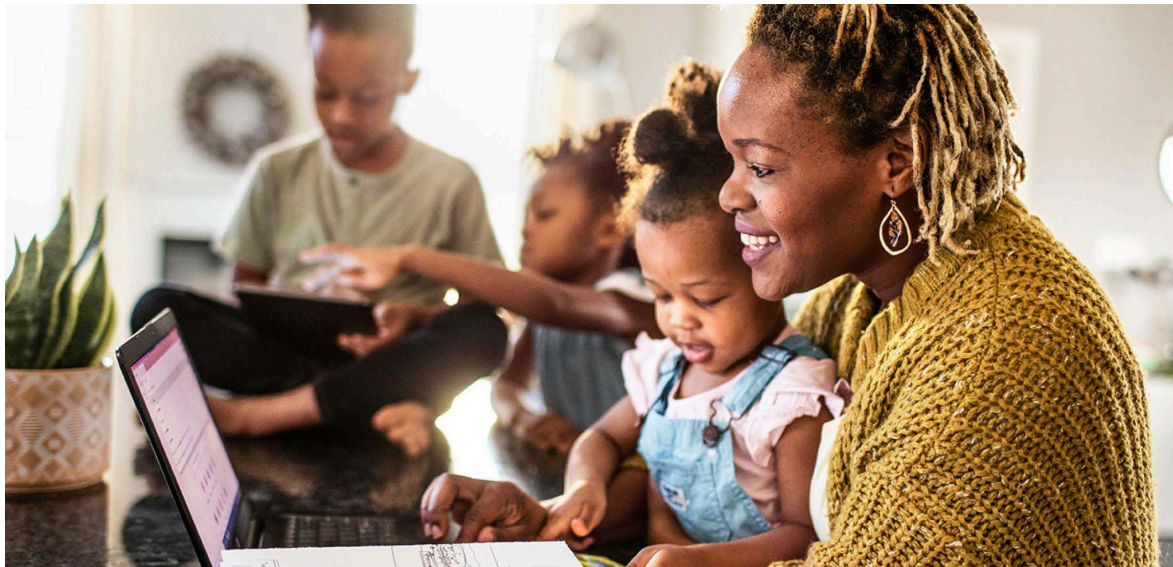
Employee Well-Being and Simon Recreation Center have partnered up this summer and are hosting a free summer yoga and summer strength series at Simon Rec! Faculty and Staff can join these classes on Monday and Thursdays during the month of July at Noon. Members and non-members of the Simon Recreation Center must sign-in with their SLU ID at

either the North or South entry desks of the Rec. Non-members will then need to sign a waiver before beginning the group class. Non-members will have to sign this waiver each time they enter

the Simon Recreation Center for a group class. **Classes end on July 29th with no class on July 4th.** For questions on these classes, please email Rachel Donahue at [Rachel.donahue@slu.edu](mailto:Rachel.donahue@slu.edu)

**Mondays at Noon, Summer Yoga-** Revitalize your body, relax your mind, and reduce stress with standing flows and poses to increase your strength and flexibility, and improve breath capacity. Beginner to experienced students are welcome! This is a one-hour class.

**Thursdays at Noon, Summer Strength-** This class is focused on helping you get and stay strong! We will utilize free weights, your body weight, stability balls, and more to challenge all your muscles, especially your core. All levels are welcome, this is a 45-minute class.



### **Maven Maternity**

United Healthcare is launching a new Maternity Support Program called Maven. Maven offers 24/7 support for pregnancy and postpartum. You can book virtual appointments or message providers. Join groups, access clinically vetted articles and take classes, too.

The best part? Your Maven membership is free through your employer and United Healthcare. There are no out-of-pocket costs for Maven visits and resources. Visit [www.mavenclinic.com/join/getstarted](http://www.mavenclinic.com/join/getstarted) or download the Maven Clinic App. Please note this program is available to our medically covered faculty, staff and spouses.

### **Backup Care through Care.com**

Did you know that Saint Louis University reimburses for kids' summer camps through Backup Care? Learn about eligibility requirements and the claims process to make the most of your benefits. For more information on Backup Care for Camps please read through the [FAQ](#). Have not signed up for a care.com account yet? Please visit SLU's Family Care Benefits [webpage](#).

## Play Pickleball?

Pickleball is the fastest growing sport in the United States, but there remains limited data to inform injury prevention among players! Are you  $\geq 18$  years and do you play pickleball at least once a month? The SLU Translational Sports Injury Prevention Lab is looking for participants in their Pickleball Project. Please learn more and complete the anonymous survey here:

[https://slu.az1.qualtrics.com/jfe/form/SV\\_5zOHR5pGVqt9jzo](https://slu.az1.qualtrics.com/jfe/form/SV_5zOHR5pGVqt9jzo)

For more information please contact [tip.lab@health.slu.edu](mailto:tip.lab@health.slu.edu)

## Wellness Webinars

**Emotional Wellness: The Path to Inner Peace** – July 11, 2024 at Noon

This workshop can show you the way to inner peace. We will examine how to let go of things that work counter, examine how one's past may help, how to come to acceptance and explore best practices for maintaining inner peace.

[Register Today!](#)



**Aging & Adult Care: Caregiver  
911 – How to Prepare for  
Emergencies, Natural  
Disasters with an Older Loved  
One** – July 17, 2024 at Noon

With every part of the country challenged with natural disasters that can happen unexpectedly, how prepared are you to help an older loved one -whether they live near or far, at home or in a senior living community – face the aftermath

of fires, hurricanes, tornadoes and other devastating events? Planning ahead is key and we take you through what to know, how to communicate with your loved one and how to ensure your family is ready for the unknown.

[Register Today!](#)

**Bring your Authentic Self to Work-** July 18th at 11:00 a.m.

Amidst the rapidly changing U.S. work landscape, having a space where everyone can genuinely be themselves, especially for neurodivergent employees, has never been more critical. As we look to the future, authenticity and differentiating ourselves could be key to unlocking new opportunities. Dive into the importance of being true to oneself and ensuring that respect and appropriate boundaries are upheld for all. In this webinar, we will explore ways to help both you and your colleagues shine authentically.

[Register Today!](#)

**Succeed at Work: Positive Effect of Self Esteem on Performance** – July 18, 2024 at Noon

This webinar will outline a way to rewire our brains to be more optimistic and increase self-confidence. We will also discuss ways to build self-esteem and how to control our negative thoughts.

[Register Today!](#)

**Your healthy Lifestyle: Dealing With Sleep Issues** – July 25, 2024 at Noon

Do you have difficulty sleeping? Check out this program where you'll explore sleep disorders and their causes (circadian rhythms, insomnia and snoring/sleep apnea), discuss the benefits of sleep studies and examine sleep's relationship to stress and the release of cortisol. Additionally, you'll identify ways to address insomnia and leave with helpful resources.

[Register Today!](#)

**TIAA Financial Webinars**

**Quarterly economic and market update-**Wednesday, July 10th at 11:00 a.m. Hear from our chief investment officer about challenges investors are facing and tips on how to navigate them.

[Register Today!](#)

**She's got it: A woman's guide to saving and investing-** Tuesday, July 16th at 1:00 p.m. Join us for a revealing trip through investing and saving strategies developed especially with women in mind.

[Register Today!](#)

**Your new TIAA: Discover the redesigned online experience-** Thursday July 18th at 11:00 a.m.  
The new experience presents a picture of your retirement with advice and content that is tailored to inform, motivate and reassure you during your retirement journey.

[Register Today!](#)

**Basic Social Security strategies-** Thursday, July 25th at 2:00 p.m. Better understand how and when you can rely on Social Security income. It's likely to play a significant role in building your retirement income.

[Register Today!](#)