



The Wellness Committee news to help us live stronger

[At Norwalk Community College](#)

Keep your heart healthy all year round!

February may have been 'Heart Health' month, but that was just a start. Now is the time to focus on promoting and maintaining heart health. From all of us at the NCC Wellness Committee to all of you, in these two following links, we share some heart-healthy love. Give them a try!

[American Heart Month Mindful Meditation Exercise](#)

[Everyday Heart Healthy Day What is well and Gratitude](#)

The Relationship Between Food and Mood

From Bite to Brain: Thoughts, emotions, and conduct may all be impacted by food. The quality and quantity of food consumed have an impact on mental health, according to the American Psychological Association. You can positively influence your mood by choosing to eat nutrient-rich foods linked to improved mental health.

[The Relationship Between Food and Mood](#)

2023 HEALTH RISK ASSESSMENT (HRA)

Please look for the Health Risk Assessment (HRA) in March. It is a voluntary survey open to all employees at NCC. The survey will take 5-7 minutes and is completed electronically with guaranteed anonymity. The data collected from the HRA assessment provides the Wellness Committee with information to identify and address the specific health and wellness needs of the campus. Please take the time to complete the survey when it is released.

Health news from the New York Times:

Knowledge for class, knowledge for life

The NCC library provides [free access to the New York Times](#) for NCC students and employees. For access to these and other articles from their health and wellness section, set up your free account and start reading!

[How Do I Know if My Gut is Healthy? Your Microbiome Questions, Answered - The New York Times \(nytimes.com\)](#)

[How a Consistent Sleep Schedule Benefits Your Health - The New York Times \(nytimes.com\)](#)

[The Standing 7-Minute Workout - The New York Times \(nytimes.com\)](#)

The Broker Academy

As part of our mission-driven approach to reducing health disparities, Access Health CT seeks to drive change within communities in need by creating a Broker Academy Program - a free training program for candidates to become licensed insurance brokers (producers). The Program aims to help reduce health disparities and uninsured rates by embedding a network of trusted health coverage experts in Connecticut's traditionally hardest-to-reach communities. Start a part-time career while making a difference in your community. Training classes run June 5-9. For more information email, AHCT.BrokerAcademy@ct.gov

Stress Management Workshop at NCC

The Stress Management Workshop encourages open dialogue about mid-semester stressors while highlighting stress management tools such as knowing when to slow down, take a break, and when to reach out for help. It will be held Monday April 17 from 2:30-3:30 in W101. The workshop is facilitated by Professionals from the Revive Center for Wellness. Questions can be directed to Francheska at fnieves@norwalk.edu

Enjoy Our Outdoor Walking Trail!

These walks are intended to last from 15-30 minutes. For more information about the outdoor Wellness Walking Course. Please take a look at [Wellness Walks Map](#) All participants can access the Wellness Walks Calculator below and determine the total calories expended by entering body weight and time taken to walk the outdoor course. [Wellness Walks Calculator](#)

Body Breaks can be done at your desk!

A 4-week program to get our faculty and staff moving more and sitting less. It is an exercise plan that can be done at your desk or in the comfort of your home. Check out the videos here to get started.

[Body Breaks Beyond Week 1 - YouTube](#)

[Body Breaks Beyond Week 2 - YouTube](#)

[Body Breaks Beyond Week 3 - YouTube](#)

[Body Breaks Beyond Week 4 - YouTube](#)

Statewide Programs On-Line

Did you know that your health plan offers monthly well-being seminars presented by Wellspark? The topics include the seven chronic condition basics along with related health and well-being topics. Seminars are open to all employees, their spouses, and dependents. Participants can attend as many seminars as they want. The links are below:

ASTHMA BASICS

Thursday, April 6, 11:30am [REGISTER: Asthma Basics](#)

Tuesday, April 11, 1:00pm [REGISTER: Asthma Basics](#)

CORONARY ARTERY DISEASE BASICS

Tuesday, March 28, 1:00pm [REGISTER: Coronary Artery Disease Basics](#)

HEART DISEASE BASICS

Thursday, March 9, 11:30am [REGISTER: Heart Disease Basics](#)

HYPERLIPIDEMIA BASICS

Thursday, April 20, 4:00pm [REGISTER: Hyperlipidemia Basics](#)

Tuesday, April 25, 1:00pm [REGISTER: Hyperlipidemia Basics](#)

HYPERTENSION BASICS

Tuesday, March 14, 1:00pm [REGISTER: Hypertension Basics](#)

Thursday, March 23, 4:00pm [REGISTER: Hypertension Basics](#)

BOOST YOUR IMMUNE

Wednesday, March 15, 6:00pm [REGISTER: Boost your Immune System](#)

Friday, March 24, 12:00pm [REGISTER: Boost your Immune System](#)

STRESS

Friday, April 21, 12:00pm [REGISTER: Developing Stress Hardiness](#)

Wednesday, April 26, 4:00pm [REGISTER: Developing Stress Hardiness](#)

FALL ASLEEP AND STAY ASLEEP

Wednesday, April 5, 12:00pm [REGISTER: Fall Asleep & Stay Asleep Naturally](#)

Wednesday, April 12, 6:00pm [REGISTER: Fall Asleep & Stay Asleep Naturally](#)

MINDFULNESS

Friday, March 10, 12:00pm [REGISTER: Mindfulness](#)

JOURNALING

Wednesday, March 29, 4:00pm [REGISTER: Writing Your Wrongs](#)

Please Join the Wellness Committee for our next meeting:

March 23rd at 2:30 pm in H007

We meet on the Third Thursday of the month. Same place. Same time.