

**Sign up now for March Hokie Wellness programs**

Hokie Wellness offers a wide range of programs during March. Registration links are available for any of the classes at <https://vtx.vt.edu/notices/2022/02/hokie-wellness-2022-march-programs.html>. They include:

March 10, 12-1 p.m.: Learn More About Animal-Assisted Therapy: Find out more about the Virginia Tech Therapy Dog Program – and what makes it so successful. You'll have a chance to interact with Derek, the senior therapy dog on staff. We'll outline the steps to take if you think your own dog might work well with the public and wish to become registered to work as a volunteer in the community. The program will be held in the Newman Library, Multipurpose Room. Registration is required.

March, 15, 12-12:45 p.m.: Decoding Nutrition Labels: This new in-person program teaches the basics of reading nutrition labels, interpreting common terms used to market products, and using ingredient lists to make nutritious choices. This program will be held at the North End Center, room 2420. Registration is required.

March 17, 12-1 p.m.: Resiliency in the Workplace: Key to Connection: Building meaningful connections in the workplace can be difficult, and many are navigating what it means to foster connection as the workforce adapts to a new dynamic of both in-office and remote team members. Learn how social connection is key to promoting resiliency, discuss different types of social support, and practice communication skills. The workshop will be held at the North End Center, room 2420. Registration is required.

March 16, 8:30-9:30 a.m.: Koru 2.0: This four-week virtual program is for those who have completed Koru Basic. Koru 2.0 builds on the skills developed in Koru Basic and provides an opportunity to further your practice and deepen your skills. You will benefit from the program when you commit to the four weeks. An introductory email will precede the first class and will include the Zoom link. Registration is required.

March 16, 12-1 p.m.: Sleep Better Techniques: Are you satisfied with the quality of your sleep? Do you wish you could get more? Most of us experience sleep problems at some time in our lives, such as sleep deprivation, sleeplessness, and/or sleep disturbances. This virtual program will provide

information on what happens when you sleep, along with tips on how to start reaping the benefits of great sleep. Registration is required.

March 22, 12-1 p.m.: Mindful Journaling: Reconnect with your sense of purpose by working through a collection of guided journaling prompts. This virtual workshop offers a time of intentional and mindful reflection. Participants will need something to write on for the journaling prompts and are encouraged to choose the journaling method that feels best (paper, digital, etc.). Registration is required.

March 23 or March 30, 12-1 p.m.: Six Dimensions of Well-being: Well-being is the full integration of emotional health, financial security, community connections, purpose, physical health, and social well-being. Learn more about these six dimensions of well-being and how to intentionally incorporate each into daily life.

- The March 23 program will be held via Zoom. Registration is required.
- The March 30 session will be held in person at the North End Center, room 2410. Registration is limited to 20 participants.

March 24, 4-5 p.m.: Introductory Improv Workshop: Join Steve Matuszak, assistant professor of practice in Pamplin College of Business, for a fun, interactive workshop that explores the personal and professional benefits of improvisation. The exercises help participants be effectively spontaneous, even when faced with the unexpected. Come have a laugh and try on a new skill. The program will be held at the North End Center and registration is required.

March 31, 12-12:30 p.m.: LiveHealth Online live demonstration: Hokie Wellness will host a live virtual demonstration session to showcase the LiveHealth Online, a robust telehealth platform that provides Anthem COVA Care members with access to a variety of medical professionals, including board-certified physicians, licensed therapists, psychologists, and psychiatrists. Registration is required.

Veterinary college's annual open house set for March 19

The Virginia-Maryland College of Veterinary Medicine at Virginia Tech Open House will be held on March 19 from 10 a.m. to 3 p.m. Visitors will be given opportunities to learn about veterinary

medicine and the college through tours, exhibits, demonstrations, and lectures.

The open house will be on the veterinary college's Blacksburg campus, located at 205 Duck Pond Drive. Parking will be available in the fenced commuter/graduate parking lot (known as "the Cage") off Duck Pond Drive. A sign will be placed to direct visitors to the parking lot entrance.

Attendee check-in and tours:

All attendees are encouraged to stop by the check-in area inside the entrance to the veterinary college to pick up event information. QR codes will be posted throughout the event space to access the schedule of events and college map. Attendees interested in tours are encouraged to register before the event on our website and lookout for an email confirmation with more information. Tours are led by veterinary students and will last approximately 45 minutes and will lead through the college's 270,000-square-foot complex, including the Veterinary Teaching Hospital, and will depart every 15 minutes beginning at 10 a.m. The last tour will leave at 2 p.m.

Family and kid-friendly events:

This family-friendly event, which features activities designed specifically for children, includes an exotic pet show and tell, fleece blanket making, "future surgeon" photo booth, and a high-fidelity cow model that can be "milked." Children may bring their stuffed animal (one per child) in need of "surgery," which will be performed by third-year students during a Teddy Bear Repair Clinic.

Dining and food options:

Dining options will include food from Hethwood Market and local food trucks in the college's front parking lot. In addition, a silent auction with gift certificates and merchandise from local merchants will be held from 10 a.m. to 2 p.m., with winners announced at 2:15 p.m.

Lectures and demonstrations:

Lectures and information sessions will address such topics as equine gut anatomy, pet first aid, and what prospective students need to know about applying to veterinary school. Demonstrations will cover various topics, including ultrasound examinations on dogs, live horses painted to represent their internal anatomy, police canine demonstrations, tiny cameras called endoscopes, and more.

Please do not bring your pets:

For biosecurity and health safety reasons, visitors will not bring their pets or other animals into the building or hospital areas during open house.

The college encourages attendees to bring dog and cat food, litter, and toy donations that students will collect at the event and donate to the Montgomery County Animal Care and Adoption Center.

If you are an individual with a disability and desire accommodation, please contact Olivia D'Amato, at 540-231-0465 or odamato@vt.edu during regular business hours at least three business days before the event.

For details, visit <https://vetmed.vt.edu/about/open-house.html>

Emails to employees regarding the Cardinal Project

The Department of Human Resources Management (DHRM) recently emailed Virginia Tech employees announcing the Cardinal Project. These are legitimate emails, however, much of the information shared is inapplicable to Virginia Tech employees. Only information regarding health benefits will impact employees.

DHRM will implement the Cardinal system early April. Virginia Tech will use the new system during Open Enrollment where employees will utilize a self-service portal for enrollment for health insurance and flexible spending accounts.

Employees are strongly encouraged to update mailing and email addresses to continue to receive critical information from DHRM.

For questions or to update these key data elements, please contact the HR Service Center at 540-231-9331 or hrrservicecenter@vt.edu.