

# Spring into wellness

**Wellness week, April 17 to 21**

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Learn practical tips and gain resources to take care of yourself and focus on ways to improve physical and mental health during Metro's wellness week. Events happen each day during this special week of resources open to all Metro employees and anyone in their household. Daily schedules listed below.

Have a question or need help signing up for an event? Email [benefits.help@oregonmetro.gov](mailto:benefits.help@oregonmetro.gov).

Event listing also available at [oregonmetro.gov/employeeenews](http://oregonmetro.gov/employeeenews)

## Bookboon

If you don't have time to attend one of our webinars, but still want to usher in spring with a little wellness-themed content, consider taking advantage of Metro's ongoing partnership with e-library Bookboon. Bookboon specializes in accessible, convenient eBooks and bite-sized audio on a variety of topics.

Browse the e-library: [oregonmetro.bookboon.net](http://oregonmetro.bookboon.net)

## Three ways to enter to win a prize during wellness week!

Attend a wellness event, make a Bookboon recommendation or a suggestion for a future event to enter to win one of several prizes. Entries must be submitted online. Prizes may include gift cards, herb garden kit, water bottle, birdie personal safety alarm, gratitude journals, gardening books, hiking books and more. There will also be an all-employee drawing to include those that are unable to attend or participate.

[Leave event feedback](#)

[Leave a suggestion for a future event](#)

[Make a Bookboon recommendation](#)



# 2023 Wellness week, April 17 to 23

See pages 3 to 7 for detailed course descriptions and links to register or access courses.

<b>MONDAY</b> <b>April 17</b>	<b>TUESDAY</b> <b>April 18</b>	<b>WEDNESDAY</b> <b>April 19</b>	<b>THURSDAY</b> <b>April 20</b>	<b>FRIDAY</b> <b>April 21</b>
<b>8 to 12 pm</b> Care gap appointments	<b>9 to 10 am</b> Learn about Metro parks and hikes with lead Park Ranger	<b>9 to 10 am</b> Intro to Your Retirement Benefits	<b>9 to 10am</b> Resilience and Mental Flexibility	<b>9 to 9:45 am</b> Office ergonomics With Metro's Risk Management team
<b>9 to 10:30 am</b> Mindfulness 101	<b>9 to 10:30 am</b> Begin with the End in Mind: create long and short term goals and build habits	<b>10 to 11 am</b> Nature journaling for everyone	<b>10 to 11 am</b> Kaiser benefits and member perks	<b>11 to noon</b> Power of Gratitude
<b>10 to 11 am</b> Navigating participant website, tools and resources with Mission Square	<b>10- 10:20 am</b> Morning stretch with fitness instructor Maria Beatty	<b>10 to 11am</b> Understanding your credit	<b>Noon to 1 pm</b> Homebuying with Kristi Van Meter from Union Homes	<b>Noon to 1 pm</b> Lunch time with our friends at the zoo!
<b>Noon to 1 pm</b> Eating for mind, body and health	<b>11 to Noon</b> Whole Body Health	<b>10 to 11 pm</b> Taking Your Estate Planning to the Next Level	<b>1:30 to 2 pm</b> Safety and Movement with Metro's Risk Management team	<b>1 to 1:30 pm</b> Simple and sustainable tips for Spring cleaning
<b>2 to 2:45 pm</b> Regence Advantage member perks	<b>Noon to 1 pm</b> Vegetable gardening for beginners	<b>Noon to 1 pm</b> Vision Board Workshop	<b>2 to 2:20 pm</b> Afternoon stretch with fitness instructor Maria Beatty	
<b>3 to 3:30 pm</b> Canopy Employee assistance program orientation	<b>2 to 3 pm</b> Taking care of Yourself	<b>12 to 4 pm</b> Virtual appt sign up slots for care gap appointments	<b>3 to 4 pm</b> Retirement strategies with Mission Square	
	<b>3 to 4 pm</b> How to obtain a backyard habitat certificate with Audubon	<b>2 to 3 pm</b> Why sleep matters		
		<b>5 to 6 pm</b> Doodling: A Meditative Art Therapy		

## Monday, April 17,

### 8 to Noon

#### Care cap appts

Schedule a free wellness appointment with a Medical Assistant over the phone regardless of your insurance carrier. Learn about resources, appts, screenings, vaccines, and recommendations. Sign up [here](#) for your 15-minute session.

### 9 to 10:30 am

#### Mindfulness 101 – Keeping your spirit grounded

Discover mindfulness as a tool for self-care. We will explore the topic of mindfulness and its origins as well as a practical framework for thinking about how to apply it in our daily lives.

[Join by video](#) (Zoom)

### 10 to 11 am

#### Navigating the MissionSquare participant website with Retirement Specialist Phillip Carbajal

Learn how to navigate the Metro's Mission Square participant website. Philip will share tools and resources to help set you up on path to success.

[Join by video](#) (Zoom)

### Noon to 1 pm

#### Eating for mind, body and health

Our food choices determine numerous aspects of our health. This seminar will cover why nutrient-dense food so important, what foods to include as part of a healthy lifestyle, behavior change to support motivate and maintain a healthy diet.

[Register here](#)

### 2 to 2:45 pm

#### Regence advantage perks

Meet with a Regence representative to learn about Regence Advantage Perks such as Active & Fit, Banfield pet hospital, Massage and acupuncture and more...

[Join by video](#) (MS Teams)

### 3 to 3:30 pm

#### Employee Assistance Program orientation

This presentation will explain the EAP benefits available to the employee, eligible dependents, and household members. It will explore the types of topics that would lead someone to utilize their benefit, ways to contact the employee assistance program, and how the EAP can help.

[Join by video](#) (Zoom)

## Tuesday, April 18

### 9 to 10 am

#### **Learn about Metro parks and hikes with Lead Park Ranger Kendra Carrillo**

Find the perfect park! Explore opportunities to spend time outdoors and enjoy nature. Outdoor exposure to nature is crucial to long-term physical and mental wellness and parks are a key component.

[findyourpark.oregonmetro.gov/welcome](https://findyourpark.oregonmetro.gov/welcome)

[Join by video](#) (Zoom)

### 9 to 10:30 am

#### **Begin with the end in mind**

This is one of Stephen Covey's 7 Habits of Highly Effective People. It is all about developing vision and setting short- and long-term goals. Learn about habit, discover practical ways to apply it in everyday life and participate in a guided exercise to create a personal vision statement.

[Join by video](#) (Zoom)

### 10 to 10:20 am

#### **Morning stretch with Maria**

Let us start the morning off right. No matter what kind of work you do, stretching first thing in the morning increase your blood flow and prepares your body for the day ahead.

[mariabeattyfitness.com](https://mariabeattyfitness.com)

[Join by video](#) (Zoom)

### 11 to noon

#### **Whole body health**

Let us focus on Nutrition, Movement, and Mindfulness. Whole body health is the acknowledgment of the physical, mental, emotional, and social components in life which assist with increased fulfillment. Proactively addressing each of these components can increase resilience, and positively impact your health and well-being. [Register here](#)

### Noon to 1 pm

#### **Vegetable gardening for beginners**

Learn, ask questions, and share techniques, resources, experiences and perspectives of gardening vegetables in the PNW. Things to consider to set you up for success, and hopefully not stress, in this relaxing, fun and therapeutic way of connecting with nature and growing your own food.

[Join by video](#) (Zoom)

### 2 to 3 pm

#### **Taking care of yourself**

Self-care is essential to live a more balanced and healthy life. This webinar focuses on 4 ways to improve SELF care: Sleep, Exercise, Love and Food. Participants will be invited to create a realistic action plan, using personal strengths to lead a more balanced lifestyle.

[Register here](#)

### 3 to 4 pm

#### **Learn how to obtain your backyard habitat certification with Audubon**

Learn about the Backyard Habitat Certification Program. It is simple, provides technical assistance, financial incentives, encouragement, and recognition to people that want to create natural, low-maintenance gardens that support people, wildlife, and the planet.

[Join by video](#) (Zoom)

## Wednesday, April 19

### 10 to 11 am

#### Intro to your retirement benefits

Join Philip Carbajal with Mission Square to learn how to start contributing today for as low as \$25 a paycheck.

[Join by video](#) (Zoom)

### 10 to 11 am

#### Nature Journaling

Slow down to notice and draw what can be experienced in Nature. Be guided through mindfulness-based drawing exercises. Have drawing paper, writing tools and any other painting, or drawing supplies you enjoy using.

[Join by video](#)

### 10 to 11 am

#### Understand your credit

Learn details of your credit report, how to improve your credit score, consumer protection information and who to contact for help.

[Join by video](#) (Zoom)

### 10 to 11 am

#### Take estate planning to the next level

Gain a better understanding of the Estate Tax system and if it affects you. .

[Register here to join](#)

### Noon to 1 pm

#### Vision board workshop

Create a vision board and include anything you like that will inspire you to realize your professional and/or personal goals. Explore your big goals, dreams, little wishes and intentions.

**\*\*Supplies highly suggested-** pens, pencils, markers, magazines, scissors, glue sticks and large poster or paper

[Join by video](#) (Zoom)

### Noon to 4 pm

#### Care gap appts

Schedule a free wellness appointment with a Medical Assistant over the phone regardless of your insurance carrier. Learn about resources, appts, screenings, vaccines, and recommendations. Sign up [here](#) for your 15-minute appointment

### 2 to 3 pm

#### Why sleep matters

Rest prepares the mind and body to deal with life's everyday challenges. The right amount of shut eye can reduce stress, and help people feel more productive, healthy and focuses. Identify benefits, strategies of sleep and practice relaxation.

[Register here](#)

### 5 to 6 pm

#### Doodling: A meditative art therapy

Doodling is an unfocused scribbles of mind art, a general drawing that holds a person's attention. In this doodle art class, you'll learn and experience basic elements of design and create doodle arts by applying them with a specific aesthetic intent. The session is made to be pleasurable, meditative and accessible to all. **\*\*Supplies highly suggested but not necessary to attend-** pens, pencils, sketchbook or A4 white sheets, scale.

[Join by video](#) (Google)

*Important: people are required to use a Google account to logon and join this class.*

*Create one here:*

<https://www.google.com/account/about/>

## Thursday, April 20

### 9 to 10 am

#### **Resilience and mental flexibility**

Resilience is a word we often hear but it can be difficult to define. This seminar focuses on understanding how it is defined and what skills can be learned to improve it. One of those is mental flexibility which involves being able to see different perspectives of a situation and adapt to new information. These skills can help in work and in life.

[Register here](#)

### 10 to 11 am

#### **Kaiser benefits and member perks**

Meet with our Kaiser member engagement specialist to learn more about your benefits and wellness offerings and to answer any questions you may have.

[Join by video](#) (Teams)

### Noon to 1 pm

#### **Homebuying 101**

Learn the process of how to buy a home and the perks that Kristi Van Meter from Union Homes offers us as Metro employees.

[Join by video](#) (Zoom))

### 1:30 to 2:00 pm

#### **Safety and movement with risk management**

This session is designed to give basic awareness of how to perform simple tasks more safely, including pre work stretching, safe lifting techniques, safe zones, and utilizing innovative tools and equipment to make tasks physically easier.

[Join by video](#) (Zoom)

### 2 to 2:20 pm

#### **Afternoon stretch time with Maria**

By incorporating 10-20 minutes of stretching into your daily routine, you can increase your range of motion, improve your posture, and ease your mind.

[mariabeattyfitness.com](https://mariabeattyfitness.com)

[Join by video](#) (Zoom)

### 3 to 4 pm

#### **Retirement strategies with Phillip Carbajal from Mission Square**

Getting closer to retirement? Philip will discuss the eligibility requirements for PERS, social security, and pensions. He will also cover what to do with your funds after you retire, extra benefits, and how a certified financial planner can help.

[Join by video](#) (Zoom)

## Friday, April 21

**9 to 9:45 am**

### **Office Ergonomics with Risk Management**

Working from a desk can be challenging for a variety of reasons, but for many of us, not having a proper set up can lead to discomfort, pain and even injury. Learn some simple adjustments, layouts and ideas to keep you productive and comfortable all day.

[Join by video](#) (Zoom)

**11 to noon**

### **The power of gratitude webinar**

This webinar will help you to better understand the impact of gratitude on their social, emotional, and physical health. We'll review tools and resources to begin a gratitude practice. Explore ways to transform your home and work life by developing a daily practice of gratitude.

[Register here](#)

**Noon to 1 pm**

### **Lunch with our friends at the zoo!**

Relaxation and cuteness are good for the soul. Meet some of the amazing zookeepers and the animals they care for. Depending on the day and the mood, who knows what the day will bring. Be ready to virtually go behind the scenes to view butterflies, insects, polar bears, rhinos, cougars, condors, etc. This will be really laid back and should be fun!

[Join by video](#) (Zoom)

**1 to 1:30pm**

### **Simple and sustainable tips for spring cleaning**

Tips on how to make your own cleaning products and identify green ones to purchase. Learn about the find a recycler tool which helps you to figure out where to dispose of old cleaning supplies, electronics, etc.

[Join by video](#) (Zoom)