

Wellness resources & updates

June 2020



GROSSMONT COLLEGE
**WELLNESS
INITIATIVE**
CHART YOUR COURSE

Wellness Initiative

Welcome to the first issue of a monthly wellness newsletter designed to share wellness resources available to Grossmont College employees.

These resources are brought to you by the Wellness Advisory Committee. Its mission is to encourage and create opportunities for healthy employee behaviors while utilizing established and existing resources, including current faculty and staff, students, and California VEBA resources.

Visit Grossmont.edu/wellness to access wellness resources at Grossmont College, including information about fun ways to get moving, healthy eating and smoking cessation.

For questions, please contact Rochelle Weiser, Training Assistant, Office of Professional Development, at Rochelle.Weiser@gcccd.edu.

[VISIT OUR WEBSITE](#)



Summer Fitness Challenge

Whether you're new to leisure walking or already have it down to a science, the Wellness

Committee invites you to join the Summer 2020 Walking Challenge! The Grossmont Walking Challenge includes a walking group where participants can log their steps and join colleagues on walks. You can set your walking goals or see where the road takes you. For a little competitive fun, you can challenge others to beat your steps, too.

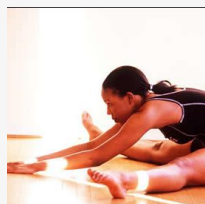
Join the Summer 2020 Walking Challenge and sign up below. Participants will receive instructions in a follow-up email and an invitation to share pictures on our Summer 2020 Walking Challenge Facebook page.

[SIGN UP](#)

Wellness Break

Join us for a 20-minute Zoom break with Exercise Science Instructor and Women's Basketball Coach Karen Cairns at 9:30 a.m. on Wednesday, July 1. To participate, please email a completed [Release of Liability form](#) to Rochelle Weiser at Rochelle.Weiser@gcccd.edu.

[SIGN UP](#)



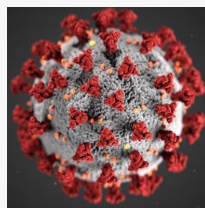
VEBA Virtual Classes

Did you know the California VEBA Resource Center offers virtual group classes?



Participate in yoga, mindfulness (for you or your kids), cooking classes, sound therapy and much more - all from the comfort of your home!

[LEARN MORE](#)



District COVID-19 Benefits

Our district offers a variety of COVID-19 benefits, including mental wellness and support.

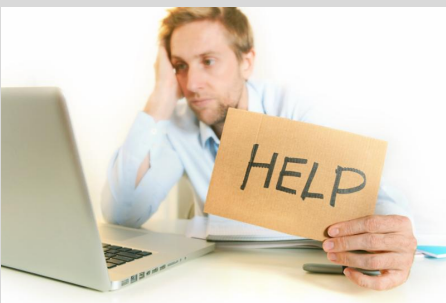
[LEARN MORE](#)

Eight Dimensions of Wellness

The eight dimensions of wellness take into account not only an individual's physical health, but all the factors that contribute to a person's overall wellness and well-being.

There are eight dimensions of wellness: emotional, environmental, financial, intellectual, occupational, physical, spiritual and social.

Mental Health & Well-Being



Mental Health Awareness Initiative

The past few months and adjusting to the "new normal" have been stressful. The Grossmont College Mental Health Awareness Initiative offers several resources, including adult coloring books and links to vetted online workshops and webinars.

[LEARN MORE](#)

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