

SEPT 2026

WELL-BEING *Bulletin*

EVENTS

9/3 - MIEA BASIC

9/8 - NUTRITION WITHOUT
NOISE: BUILDING AN
EMERGENCY FOOD SUPPLY

9/10 - WORDS WILL SET YOU
FREE CREATIVE WRITING
WORKSHOP

9/16 - EATING WITH INTENTION:
RETHINKING WILLPOWER

9/22 - WORK-LIFE AND WELL-
BEING VIRTUAL FAIR

9/24 - THE LAZY DIETITIAN:
LAZY WAYS TO EAT WELL ON THE
WEEKEND

9/24 - QPR SUICIDE
PREVENTION TRAINING

NEWS + NOTES

Becoming Wildly Resilient

Each month will explore a different well-being topic through practices and meditations. You will learn how to increase your resilience by improving your physical, mental, emotional, nutritional and financial health.

This month's topic: Mid-year wellness check

Practice Small shifts, meaningful change

Meditation A mid-year reset for mind, body and life



Scan this QR code to see a list of Becoming Wildly Resilient podcasts and vodcasts. You can find them [here](#), on our website or anywhere you download your podcasts and vodcasts.



Have you visited the Well at UK portal? Learn more, including how to register, at hr.uky.edu/well-uk.

CHECK THIS OUT!



September is Suicide Prevention Month and this month, the University of Kentucky is focusing on making sure you know how to support loved ones who may be struggling.

The Healthy Kentucky Initiative is partnering with [UK HR Health and Wellness](#) and [Student Success POWER \(Prevention, Outreach and Wellness Education Resources\)](#) to bring Josh Rivedal to campus.

Rivedal is the founder of the i'Mpossible Project. His keynote, From Impossible to Possible, is a nationally recognized educational program.

All faculty, staff and students are encouraged to attend.

When: Sept. 23, 4:45-7 p.m.

Rivedal will begin his 90-minute keynote at 5:30 p.m., light refreshments will be provided

Where: Karpf Auditorium, Pavilion A at UK Chandler Hospital

Please register for the event [here](#). If you cannot attend in person, this event will also be live streamed. You must register to receive access to the live stream.