



# UK College of Medicine

# Staff Well-Being Day

## April 22, 2025



Hosted by The Office for Organizational Well-Being and The Staff Well-Being Committee

- Who:** UKCOM Staff
- What:** A day to recharge! Find a **drop-in session(s)** that interests you and fits your workday.
- Where:** **Lexington Campus and Hybrid on Zoom.** Register to secure a spot and receive your zoom link.
- When:** Tuesday, April 22, 2025
- Why:** Build connections across departments and participate in drop-in career development sessions and wellness discussions, led by UK professionals, designed to support your personal and professional growth.

## Drop-in Event Schedule

Time	Program Description & Location	Presenter
8am – 8:45am	<b>Meditation Session</b> – Willard Science Building Rm. MN 136 & Zoom <i>Relax and relieve stress – improve focus and lower blood pressure.</i>	Jackie Carroll UK Human Resources Health & Wellness
9am – 9:45am	<b>Well-Being Discussion</b> – Willard Science Building Rm. MN 263 & Zoom <i>Individual wellness, organizational well-being and you!</i>	Lisa Williams, MSSA, Associate Dean UKCOM Office for Organizational Well-Being
10am – 10:45am	<b>Creative Writing Session</b> – Willard Science Building Rm. MN 136 & Zoom <i>Liberate yourself from daily habits of the mind and welcome some flow.</i>	Rhonda Henry and Eric Wilkinson UK Human Resources
11am – 11:45am	<b>Colors and Connection Session</b> – Willard Science Building Rm. MN 136 <i>Explore how color can creatively enhance casual conversations.</i>	Renee Gallagher, MEd UKCOM Office for Organizational Well-Being
noon – 12:45pm	<b>Walk with a Doc</b> – Willard Science Building Rm. MN 136 (starting location) <i>Explore the campus – chat, walk and smile (rain or shine)!</i>	Jay Zwischenberger, MD, FACS Department of Surgery
1pm – 1:45pm	<b>Chair Yoga Session</b> – Healthy KY Research Building Rm. 150 & Zoom <i>Learn how to incorporate gentle stretching, from your chair!</i>	Carrie Davidson UK Human Resources Health & Wellness
2pm – 2:45pm	<b>Visual Explorer Session</b> – Healthy KY Research Building Rm. 150 & Zoom <i>Discover how visual thinking strategies can transform your discussions!</i>	Sarah Herman and Renee Gallagher, MEd UKCOM Office for Organizational Well-Being
3pm – 3:45pm	<b>Career Advancement Discussion</b> – Healthy KY Research Building Rm. 150 & Zoom <i>Grow professionally and educationally for a fulfilling career.</i>	Rebecca Dyer UK Human Resources Training & Development
4pm – 4:45pm	<b>Sway2Go Social Dance Lesson</b> – Healthy KY Research Building Rm. 150 <i>Transform daily steps into social dance patterns. Yes, you can!</i>	Renee Gallagher, MEd UKCOM Office for Organizational Well-Being

### Registration Details:

- Zoom:** Register in advance to receive your zoom link.
- In Person:** Register in advance to secure your spot for in person events. Space allowing, walk-ins permitted on 4/22.
- Contact:** Sabrina.Brewer@uky.edu | Staff Well-Being Committee Co-Chair



<https://medicine.uky.edu/sites/well-being>