Wellness In-Services for UND (10-60 minutes)

Physical & Emotional Wellness:

Contact: Steph Hoffman, Wellness Center, 701-777-2943, Stephanie.r.hoffman@und.edu for the following:
- De-stress with basic stretch
- Weight lifting basics
- Keeping in shape at any size (physical activity guidelines)
- Deskercise
- Debunking Exercise Myths

Contact Sue Thompson, 218-230-3920 sue.thompson@co.polk.mn.us for the following:
- Laughter yoga

Contact Sheila Thompson, 701-780-5484, srthompson@altru.org for the following:
- Sleep Well, Be Well: Learn the importance of good sleep and tips on how to improve your sleep
- Sleep screening assessments

Physical Wellness (including Nutrition):

Contact: Molly Soeby, NDSU Extension, 701-780-8229, molly.soebay@ndsu.edu for the following:
- Nourishing Boomers and Beyond (sessions on: brain, stress, muscles, heart, eyes, skin, bones & joints, digestive system, medication, pre-diabetes, and the immune system). Most sessions include recipes and some include food sampling.

Intellectual Wellness:

Contact Ben Heller at the Wellness Center, 701-777-4864 for the following:
- Information about memberships and facility reservations at the Wellness Center

Contact Work Well, 701.777-0210, und.workwell@und.edu, for the following:
- Sanford wellness programs
- Overview of worksite programs (including Work Well, NDPERS programs, EAP and Sanford programs)

Occupational Wellness:

Contact Tearnie Braaten at the Office of Safety, 701-777-3226, tearnie.braaten@und.edu for the following:
- Ergonomic and/or assessments

Contact Pat Hanson, Human Resources, 701-777-4228, pat.hanson@und.edu for the following for the:
- Lactation Policy and Mothering Rooms
Emotional and Spiritual Wellness:

Contact Lora Sloan, University Counseling Center, 701-777-2127, lora.sloan@und.edu for the following:
  • Mindfulness

Contact: Molly Soeby, NDSU Extention, 701-780-8229, molly.soebxy@ndsu.edu for the following:
  • Powerful Tools for Care Givers (6 week series)
  • The Nurtured Heart Approach: transforming the difficult child

Financial Wellness:

Contact Lacey Johnson, University Federal Credit Union, 701-777-3891, lacey@universityfcu.net for the following:
  • Money Management: Learn how to take charge of your finances and how your money personality influences your spending decisions.
  • The World of Credit: Find out how to make your credit score the best it can be!
  • Identity Theft: Learn about the types of identity theft and how to protect yourself and your loved ones.
  • Organizing your Financial Records: Get advice on how to organize your own records as well as the records of your loved ones who you may be responsible for.

Environmental Wellness:

Contact Kim Greendahl, City of Grand Forks, 701-738-8746, kgreendahl@grandforksgov.com for the following:
  • Greenway of Greater Grand Forks – updates, information and events.

Multi-dimensional wellness:

Contact Work Well, 701-777-0210, und.workwell@und.edu for the following:
  • Setting health/wellness goals and sticking with them
  • A 5 minute or less stretch at a meeting (can provide multiple for the year)

Other topics by request.