



DIMENSIONS

December 2024 / January 2025
Wellness Maricopa Newsletter

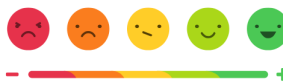


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Wellness Announcements



Wellness Maricopa End-of-Year Survey

Well, it has been almost a year since we distributed the first wellness newsletter. Since we launched, we have brought you information on a variety of topics, such as stand-up paddle boarding, plantar fasciitis, and comprehensive resources like Aetna Health Your Way and the Move 1 Million exercise group. All in all, it is a lot of information. So, we would like to know...how much wellness can you handle? The better question is how much wellness would you like to handle.

Please take a moment to complete [a very short form](#) to let us know how much wellness information you would like to see in the coming year. If there are specific topics of interest, please let us know as well.

**Coming Soon: Wellness Maricopa
Mobile Application**

Move 1 Million



Wellness is changing at MCCC. Get ready. Your new well-being program is on its way! And it'll be here before you know it. Get ready for daily inspiration with a 5-star mobile application.



[Move 1 Million](#) is a non-profit organization founded by Chris Powell, a TV personality, best-selling author, and contributor to national and international publications and broadcasts.

Wellness Events

December event information is on the [Wellness Maricopa Events Page](#) and the December Wellness Calendar.



Meditation Monday
Every M @ 12



GratiTuesday
Every T @ 12



Meditation Wed
Aug 1 - Dec 11



Dementia Webinar
Dec 4



Financial Planning
Dec 5 & 12



RFL Webinars
Dec 5, 12, 17



EAP Town Hall
Dec 5 & 6



Wellness Podcast
Dec 6



VIRTA Support Group
Dec 9



Wellness Research
Dec 17



3-Th Mindfulness
Dec 19

January event information is on the [Wellness Maricopa Events Page](#), or view the [December & January Wellness Calendar](#).



Meditation Monday
Every M @ 12



GratiTuesday
Every T @ 12



Meditation Wed
Jan 15 - May 7



RFL Webinars
Jan 9, 16, 23, 30



VIRTA Support Group
Jan 13



3-Th Mindfulness
Jan 16



MetLife Tax Strategies
Jan 28

Featured Dimension

Social Wellness



[Social Wellness](#) is measured by the relationships and connections we have.

Learn more about the [8 Dimensions of Wellness](#) on the [Wellness Maricopa Website](#).

Get Moving

E-Biking



Electric bikes, or E-bikes, look a lot like the non-electric bikes with which you are familiar. The difference is E-bikes are equipped with a battery and a small electric motor to assist you in pedaling faster and farther.

Cooking Corner

Cooking Corner: Bean Salad/Wrap



Enjoy this [Southwest Dense Bean Salad](#) without any sides, as a wrap, or even with chips.

[Share your healthy recipe](#) with the Maricopa community to be featured.

Wellness Role Model

Wellness Role Models



Patty Stake is the HRIS Data Director at the District Office.

She believes any effort to live healthy is better than no effort. Patience and feeling a sense of accomplishment is the key!

Wellness Resources

Visit the [Wellness Resources page](#) to learn more about the resources available.

[Alliant Top Health Newsletter](#)

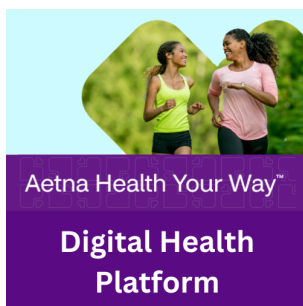
[Aetna Health Your Way](#)

[Employee Fitness Center Usage](#)

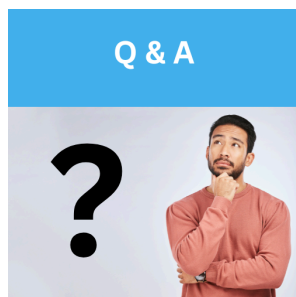
[Banner Aetna Care in Arizona](#)



Alliant Top Health Newsletter



Q&A



What are some things I can do to help me sleep better after a long day at work?

Take some time before getting into bed and check in with yourself. Try to either journal about or just think about your emotions, and behaviors that you experienced throughout your day. There may be something that happened during the day that is “keeping you up.” You may also be experiencing developed anxiety about falling asleep, which can keep you from falling asleep. Try some mind-body techniques to quiet your system and your mind. [Breathing exercises](#), [guided meditations](#), or [clinical hypnotherapy](#). If you practice this on a regular basis, you will get better at it, and it will become part of your bedtime routine. Try to make sure you get enough sunshine in the morning, and avoid bright light and screen time an hour prior to bedtime. Regular exercise and eating a healthy diet can also go a long way in helping you get to sleep after a long day.

Have a Wellness Question? Ask Wellness Coordinator David Spierer at wellness@domail.maricopa.edu.

Wellness Maricopa

Part of the [Benefits Team](#) & [Maricopa Community Colleges Human Resources](#)

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MARICOPA
COMMUNITY COLLEGES

WELLNESS MARICOPA

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