

DIMENSIONS

May 2025

Wellness Maricopa Newsletter



MARICOPA
COMMUNITY COLLEGES



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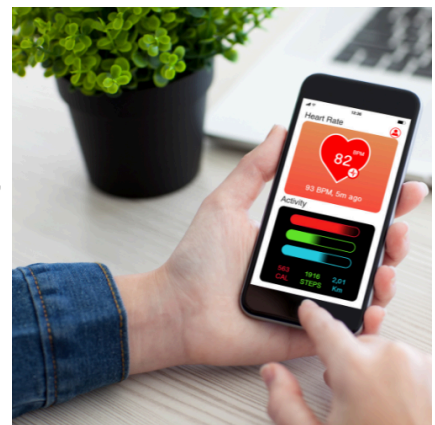
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Wellness Announcements

Personify Health Wellness Platform

Personify Health is here! The new wellness platform is designed to be engaging and innovative, helping you develop healthier habits one day at a time. You can become a healthier you through challenges, journeys, and daily actions. [Enroll today](#) in the Personify Health platform and access your account on your phone and/or computer!

Want to learn more about how Wellness Incentive Credits have changed? View the [Wellness Incentive Credit Redesign Resources](#) page.



May is Mental Health Awareness Month



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Since 1949, Mental Health Awareness Month has been a driving force in addressing the challenges faced by millions of Americans living with mental health conditions. Now, more than ever, NAMI needs you to be part of this movement. Whether by sharing your story, spreading awareness, or advocating for change, every action helps [break the stigma and build a more supportive world for all](#).

Wellness Events

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



Meditation Monday
Every M @ 12



GratiTuesday
Every T @ 12



Meditation Wed
Jan 15 - May 7



RFL Webinars
May 9, 15, 20, 29



3-Th Mindfulness
May 15



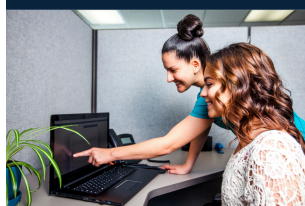
Virta Support Group
May 19



Wellness Research
May 20

Featured Dimension

Occupational Wellness



Occupational Wellness is personal satisfaction and enrichment from one's vocation.

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

Get Moving

Yard Work



Yard work, such as raking and digging, and work around the house can be quite aerobic and physically exhausting.

Find out how [yard work](#) can be a productive way to meet your physical activity goals.

Cooking Corner

Cooking Corner: Wake Up Smoothie



This [wake-up smoothie](#) features berries, bananas, juice, or other nut milk.

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

Wellness Role Model

Wellness Role Models



[Laurie Black](#), Admin. Coordinator for DO Compliance Reporting & Accreditation embraces all 8 dimensions of wellness in daily life.

Submit your [Wellness Journey](#) to be featured.

Wellness Resources

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

Resources for Living



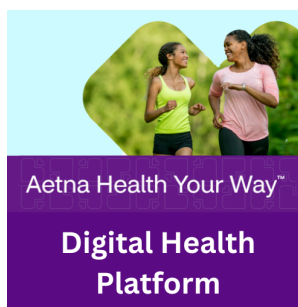
**EAP - Employee
Assistance Program**

Spark Magazine by Virta



**Free Online Health
Magazine**

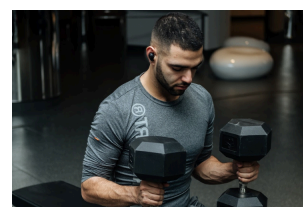
Aetna Health Your Way



Aetna Health Your Way™

**Digital Health
Platform**

Employee Fitness Center Usage



**College Fitness
Centers**

Q&A

Q & A



With the hot weather upon us, can you tell me why it is so important to stay hydrated? How does hydration benefit my body?

Staying hydrated is one of the most essential practices for maintaining overall health and well-being. Water makes up about 60% of the human body, and every system within the body depends on it. Learn more on the [Wellness Maricopa Website](#) about how proper hydration helps you to:

- Maintain Body Temperature
- Supports Digestion and Nutrient Absorption
- Improves Physical Performance
- Boosts Brain Function and Mood
- Promotes Healthy Skin

Make hydration a priority, and your body will thank you. For more information, visit the [Mayo Clinic webpage on hydration](#).

Additional information on hydration can be found at the following links:

- [Clinical Overview of Heat](#)
- [Heat Illness Prevention](#)

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

Join the Wellness Maricopa Opportunities distribution list

wellness.maricopa@domail.maricopa.edu



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