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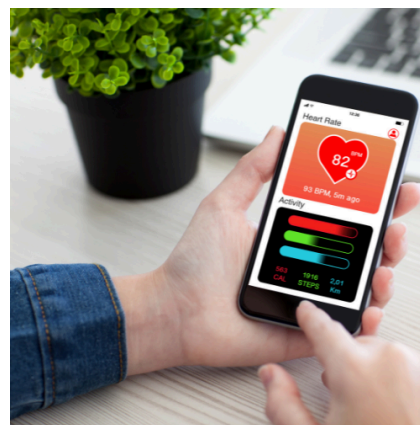
Join the Wellness Maricopa Opportunities Distribution List

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. Through challenges, journeys, and daily actions, you can become a healthier you. [Enroll today](#) in the Personify Health platform and access your account on your phone and/or computer!

Want to learn more? During April, there will be several live events at all of the colleges where you can sign up for the platform and learn about all of its amazing features. See the [live event schedule](#).



National Defeat Diabetes Month & How Virta Can Help

April is about reducing diabetes, which is currently on the rise in the U.S.



Over 11.6% of the US population (38.4 million people) has diabetes, and more than 8.7 million people could be undiagnosed diabetics.

Our wonderful [Virta program](#) is designed to help you get healthy and reduce levels of diabetes while losing weight and focusing on overall health.

Learn more about [Virta's pre-qualifications](#) and how this research-backed, nutrition-based treatment program works to address diabetes and prediabetes without calorie-cutting, surgery, or additional medications.

Wellness Events

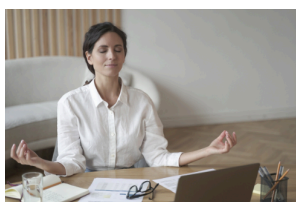
February event information is on the [Wellness Maricopa Events Page](#) and the [April Wellness Calendar](#).



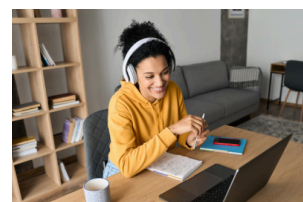
Meditation Monday
Every M @ 12



GratiTuesday
Every T @ 12



Meditation Wed
Jan 15 - May 7



RFL Webinars
April 3, 10, 17, 24



GCC Health Fair
April 3



WIC/PH Live Labs
April 7 - 16



Massage Clinic
April 7 - 17



Virta Support Group
April 15



Wellness Research
April 15



3-Th Mindfulness
April 17



Dementia Webinar
Apr 22

[Featured Dimension](#)

[Get Moving](#)

Environmental Wellness



[Environmental Wellness](#) encourages good health by occupying pleasant surroundings and environments that support mental well-being.

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

Pilates



[Pilates](#) is a body conditioning exercise that can help people recover from injury.

It can be performed on the floor, a mat, or a reformer machine and consists of

- Precise movements
- Controlled breathing
- Muscle engagement
- Enhancing muscle tone and stability

Cooking Corner

Cooking Corner: Choc. Chia Pudding



This [chocolate chia seed pudding](#) is a sweet and healthy treat.

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

Wellness Role Model

Wellness Role Models



[Steve Goozdich](#), Senior Project Manager at DO HR focuses on his health by staying connected with friends and family and walking.

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

Wellness Resources

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

[Resources for Living](#)



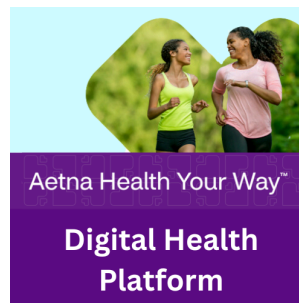
EAP - Employee Assistance Program

[Spark Magazine by Virta](#)



Free Online Health Magazine

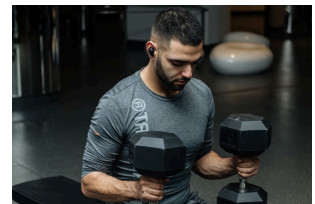
[Aetna Health Your Way](#)



Aetna Health Your Way™

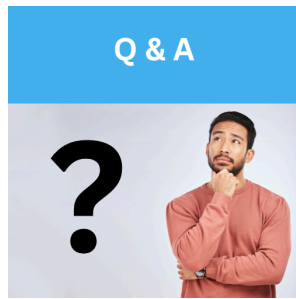
Digital Health Platform

[Employee Fitness Center Usage](#)



College Fitness Centers

Q&A



How is AI going to impact the health and fitness industry?

There are some Artificial Intelligence (AI) technology tools, such as

- [Motion capture systems](#) designed to track movement and guide exercise
- [Feedback on nutrition and metabolic data](#) to help with weight loss and other calorie-related challenges

While these technologies may track and monitor human behavior, people are still the heart of the health and fitness industry. AI cannot replace a human and the motivation required to attain good health. Learn more about [how AI is impacting health and fitness](#).

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



WELLNESS MARICOPA

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