

Updated 3/15/2022

Wellbeing Services for UCI Employees Offered through the Susan Samueli Integrative Health Institute

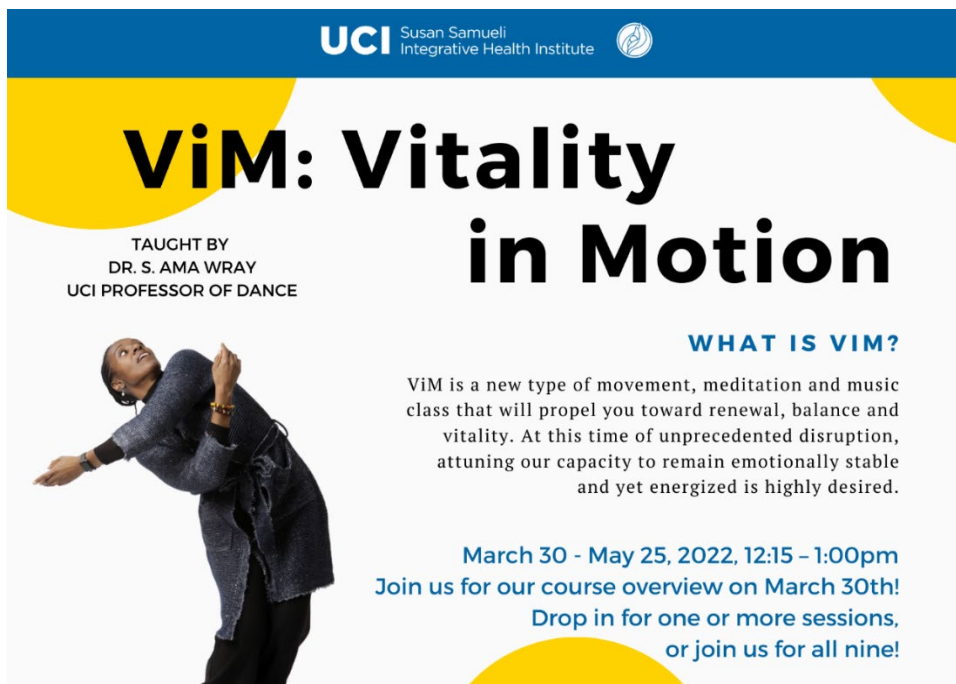
During these challenging times, we recognize that your health and wellbeing is important and vital to the UCI community, as well as the patients and families you serve. The Susan Samueli Integrative Health Institute (SSIHI) is launching a wellbeing initiative to provide support services for our extraordinary caregivers and co-workers.


- Mindfulness & Meditation
- Guided Acupressure (no contact)
- Guided Yoga/Massage (no contact)
- Yoga for Wellbeing
- Nutrition

Please see below the weekly schedule of offerings. Go to the below link to request an appointment:
https://docs.google.com/forms/d/e/1FAIpQLSefsVdBLX1JNLDKCsBwaTw6xrWhhIAtjkfHSgGHFW7jYVY-BA/viewform?usp=sf_link

If you have questions please email Dina Pagano at dpagano@hs.uci.edu.

SESSION DESCRIPTIONS



UCI Susan Samueli Integrative Health Institute 

ViM: Vitality in Motion

TAUGHT BY
DR. S. AMA WRAY
UCI PROFESSOR OF DANCE

WHAT IS VIM?

ViM is a new type of movement, meditation and music class that will propel you toward renewal, balance and vitality. At this time of unprecedented disruption, attuning our capacity to remain emotionally stable and yet energized is highly desired.

March 30 - May 25, 2022, 12:15 - 1:00pm
Join us for our course overview on March 30th!
Drop in for one or more sessions,
or join us for all nine!



- **Livestream Mindful Meditations** - VIA ZOOM

Join in community for 25-minute meditation sessions. Drop in once, multiple times, or every weekday!

Register here: https://docs.google.com/forms/d/e/1FAIpQLSesXo1_NK1vTokWs4Mib-bGDzZCCykwI0UsT1txN9vet8wu9q/viewform

Day	Time
Mondays	12 pm – 12:25 pm
Tuesdays	5 pm – 5:25 pm
Wednesdays	12 pm – 12:25 pm
Thursdays	5 pm – 5:25 pm
Fridays	12 pm – 12:25 pm

- **1:1 Mindful Meditation Appointment** - VIA ZOOM

A 30-minute mindful meditation consultation with a certified mindfulness instructor who will take into consideration your experience with mindfulness as well as your goals and intentions with meditation.

Day	Time
Monday	12:30 pm – 1:00 pm
Tuesday	6:00 pm – 6:30 pm
Wednesday	11:30 am – 12:00 pm

- **1:1 Guided Acupressure** - VIA ZOOM

During this 30-minute session, a licensed acupuncturist will provide guided acupressure techniques that address anxiety, stress, grief, pain, fatigue, and immune support.

Day	Time
Mondays	1:00 pm - 4:30 pm

- **1:1 Yoga/Massage** – VIA ZOOM

This 30-minute session is designed to help the participant obtain relief to areas on the body that are causing discomfort through the practice of guided stretch and massage.

Day	Time
Tuesdays	2:00 – 2:30 and 2:30-3:00 PM
Thursdays	6:15 – 6:45 and 6:45-7:15 PM

- **1:1 Healthy Nutrition in Times of Stress** – VIA ZOOM

During this 30-minute session, a Registered Dietitian will discuss practical methods on how to maintain a healthy eating pattern during times of stress, anxiety, and fatigue.

Day	Time
Tuesdays	2:00 pm – 4:00 pm



- **Yoga for Wellbeing** VIA ZOOM

A group yoga class that is appropriate for participants of all levels and backgrounds. This 1 hour class provides in depth explanations of foundational Yoga postures, focusing on alignment, the importance of breath and calming the mind. This class will help you to connect to your body, reduce stress and improve focus on and off the mat, while building strength, improving balance and increasing flexibility.

Day	Time
Mondays	5:30 pm - 6:30 pm
Tuesdays	9:00 am – 10:00 am
Wednesdays	5:30 pm – 6:30 pm
Thursdays	9:00 am -10:00 am