



Wellness Week 2017 – PAHO HQ Schedule

Let's talk about our well-being!

Promoting mental well-being where we learn, work, play, and love



Sat / Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat / Sun
<p align="center">COMMUNICATION THROUGHOUT THE WEEK</p> <p>INTERNAL: PIB & emails, intranet, display & banners, monitor screens, posters, and <i>From Being Well to Well-being</i> campaign</p> <p>EXTERNAL: Public social media campaign & promotions (posts, images, and videos on Facebook & Twitter), metro bus shelter ad, and Radio America show.</p>						
<p>9</p> <p>Caribbean Wellness Day "Love That Body" CARPHA</p> <hr/> <p>10</p> <p>Cycle Around the Globe for World Suicide Prevention Day "Take a minute, save a life" IASP</p>	<p>11</p> <p>Launch of Wellness Week</p> <ul style="list-style-type: none"> ▪ Social media ▪ Radio ▪ Intranet <p>Lead: CMU, SDE Introduction: Dr. Etienne (video) & Dr. Becerra (radio)</p> <p>Healthy Food Fest at PAHO cafeteria Time: 12-2pm Lead: GSO, SDE</p> <p>Bootcamp Time: 12:15-1:15pm Lead: Staff Association</p> <p>Yoga Flow Time: 12:30-1:30pm Lead: Staff Association</p>	<p>12</p> <p>Webinar: <i>How to Enhance Your Well-Being to Stress Less and Achieve More</i> Time: 11am-12pm Lead: OMB, FGL, SDE Host: Dr. Cabrera (George Mason University) Introduction: Dr. Lewis</p> <p>Healthy Food Fest at PAHO cafeteria Time: 12-2pm Lead: GSO, SDE</p>	<p>13</p> <p>Well-being Fair</p> <ul style="list-style-type: none"> ▪ Ergonomics station ▪ COPE station ▪ Healthy organic recipes & samples ▪ Smoothie tasting ▪ Pet therapy <p>Time: 11am-12pm Lead: HWB, SDE, CHA</p> <p>Healthy Food Fest at PAHO cafeteria Time: 12-2pm Lead: GSO, SDE</p> <p>Bootcamp Time: 12:15-1:15pm Lead: Staff Association</p>	<p>14</p> <p>Healthy Food Fest at PAHO cafeteria Time: 12-2pm Lead: GSO, SDE</p> <p>Webinar: <i>Getting in the Groove! Increasing Well-being with Meditation & Mindful Movement</i> Time: 1pm-2pm Lead: NMH Host: Dr. Denninger (Benson-Henry Institute) Introduction: TBD</p> <p>Let's Dance! Time: 4:30-6pm Lead: HSS, SDE</p>	<p>15</p> <p>Walk for Health, for Mental Well-being: I Walk for ... Time: 11am-12pm Lead: CMU Introduction: Dr. Etienne Co-organizer: GHIA Partners: NPS, PAHO/WHO FCU, & others TBD</p> <p>Healthy Food Fest at PAHO cafeteria Time: 12-2pm Lead: GSO, SDE</p> <p>Bootcamp Time: 12:15-1:15pm Lead: Staff Association</p> <p>Yoga Flow Time: 12:30-1:30pm Lead: Staff Association</p>	<p>16</p> <hr/> <p>17</p> <p>Fiesta DC Festival: PAHO Annual Community Health Fair*</p> <ul style="list-style-type: none"> ▪ Depression ▪ Nutrition ▪ Obesity & hypertension (BMI & BP screening) ▪ Handwashing ▪ Kids activities <p>Time: 10am-6pm Lead: CMU</p> <p>*Volunteers are needed! Please contact Patricia at delosrip@paho.org ext. 43051</p>