



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
COMMUNICATION THROUGHOUT THE WEEK INTERNAL: PIB & emails, intranet, display & banners, monitor screens, posters, and <i>From Being Well to Well-being</i> campaign EXTERNAL: Public social media campaign & promotions (posts, images, and videos on Facebook & Twitter), metro bus shelter ad, and Radio America show.						
9 Caribbean Wellness Day <i>"Love That Body"</i> CARPHA <hr/> 10 Cycle Around the Globe for World Suicide Prevention Day <i>"Take a minute, save a life"</i> IASP	11 Launch of Wellness Week <ul style="list-style-type: none"> ▪ Social media ▪ Radio ▪ Intranet Lead: CMU, SDE Introduction: Dr. Etienne (video) & Dr. Becerra (radio) Healthy Food Fest at PAHO cafeteria Time: 12-2pm Lead: GSO, SDE Bootcamp Time: 12:15-1:15pm Lead: Staff Association Yoga Flow Time: 12:30-1:30pm Lead: Staff Association	12 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 Healthy Food Fest at PAHO cafeteria Time: 12-2pm Lead: GSO, SDE	13 Well-being Fair <ul style="list-style-type: none"> ▪ Ergonomics station ▪ COPE station ▪ Healthy organic recipes & samples ▪ Smoothie tasting ▪ Pet therapy Time: 11am-12pm Lead: HWB, SDE, CHA Healthy Food Fest at PAHO cafeteria Time: 12-2pm Lead: GSO, SDE Bootcamp Time: 12:15-1:15pm Lead: Staff Association	14 Healthy Food Fest at PAHO cafeteria Time: 12-2pm Lead: GSO, SDE 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 Let's Dance! Time: 4:30-6pm Lead: HSS, SDE	15 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 Healthy Food Fest at PAHO cafeteria Time: 12-2pm Lead: GSO, SDE Bootcamp Time: 12:15-1:15pm Lead: Staff Association Yoga Flow Time: 12:30-1:30pm Lead: Staff Association	16 <hr/> 17 Fiesta DC Festival: PAHO Annual Community Health Fair* <ul style="list-style-type: none"> ▪ Depression ▪ Nutrition ▪ Obesity & hypertension (BMI & BP screening) ▪ Handwashing ▪ Kids activities Time: 10am-6pm Lead: CMU *Volunteers are needed! Please contact Patricia at delosrip@paho.org ext. 43051