

Engage Wellness is the medically-based way to get and stay healthier



Winter Wellness Tips to Keep You Healthy

The cold weather and lack of sunshine can be difficult for some of us. Whether if your in need of an energy boost or help with a stubborn cold, here are some tips that can help with overall physical and mental wellness this winter.

- 1. Limit the spread of germs.** Make sure to sneeze and/or cough into a tissue to reduce the spread of germs. If you do not have a tissue, cough/sneeze into your elbow or upper part of your sleeve. Remember to wash your hands frequently with soap and warm water for at least 20 seconds.
- 2. Stay hydrated.** Make sure to drink plenty of water to stay hydrated. Hydration helps boost your immune system and helps fight viruses.
- 3. Look after your skin.** Cold air and low humidity can cause your skin to become dry, itchy, and red. Protect your skin by wearing lip balm, apply moisturizer immediately after taking a shower, and use a humidifier in your room.
- 4. Stay rested.** Lack of sleep can impact your immune system. Getting 7 to 9 hours of sleep every night will help your immune system recover and fight off viruses!
- 5. Up your vitamin D intake.** Low vitamin D levels can lower your immune system and negatively impact your mental health. Make sure to get some sunshine and eat foods high in Vitamin D such as mushrooms and salmon.
- 6. Get vaccinated.** Immunization is an important step to help avoid the spread of COVID-19 and the flu.

NEW

Evidence Based Program:

Pumped Up for Health

Pumped up for Health is an 8-week long program offered by the DHHS aimed to help manage high blood pressure and reduce chronic disease risks.

Each hour-long session will be led by a health coach, and includes personalized discussions, tips to boost energy, and more!

**Cost is \$15 for Engage members and \$25 for non-members.*

Registration opens Friday, January 3rd



January 2025 Calendar



Free Friday

Friday, January 3rd

Any adult in the community can come try Engage Wellness for free on the first Friday of each month. Tell your friends!

Lunch Bunch

Friday, January 17th

12:00pm

All Engage Wellness members are invited to attend a potluck-style lunch. Bring a dish to share or bring a lunch for yourself if you'd prefer. Members are welcome to use our kitchen including the fridge before we setup for lunch. We have tons of utensils and serving dishes, so no need to bring them from home. We will celebrate all our members with January birthdays at lunch too.

Wellness Workshop: Curiosity Never Retires

Friday, January 24th

11:00am-12:00pm

Bob Michl, director of Osher Lifelong Learning Institute, will be stopping at Engage to present the different opportunities offered by the OLLI program. The University of Nebraska OLLI program strives to promote "lifelong learning by providing stimulating, congenial and varied opportunities designed specifically for lifelong learners of age and 50 years older."



Facility News:

- New 2025 Group Movement Class Schedule effective January 6th, 2025. Please note there will be no line dancing Monday, January 6th AND Monday, January 20th.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------|--------------------|-----------------------------------|--------------------|--------|
| 8:15am Stretching | | 8:15am Stretching | | |
| 9:00am Totally Engaged | 9:00am Yoga | 9:00am Totally Engaged | 9:00am Yoga | |
| 10:00am Line Dancing | 10:00am Circuit | 10:00am Low Impact Aerobics | 10:00am Circuit | |
| 11:00am Beginner Pickleball | | 11:00am Beginner Pickleball | | |



Happy January Birthdays



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|------------------|--------------------|--------------------------|---------------------|-----------------|---------------------|------------------|
| Bev A. 1/03 | Molly R. 1/07 | Bev H. 1/12 | Tony A. 1/17 | John O. 1/21 | Sue S. 1/26 | Janna P. 1/31 |
| Steve M. 1/04 | Beverly W. 1/07 | Carol H. 1/13 | Nancy M. 1/17 | Dave D. 1/22 | Pat T. 1/26 | |
| Betsy G. 1/06 | Tess L. 1/08 | Pat W. 1/14 | Michelle P. 1/18 | Mark M. 1/24 | Rae B. 1/27 | |
| Chris M. 1/07 | Betty C. 1/11 | Mary Alice S. 1/15 | Ivar T. 1/20 | Dave M. 1/24 | Patricia N. 1/27 | |
| Curt M. 1/07 | Joan H. 1/11 | Paul M. 1/16 | John C. 1/21 | Joan H. 1/25 | Mike P. 1/28 | |



Leonard R.

Alice H.

Mark S.

A warm welcome to our new members who joined Engage last month. We are so happy you are here!

Kelli K.



Tom L.



Mel B.

Mary Ann B.

Winter Weather Policies:

Now that colder weather is on it's way, a few reminders for the season:

- On wet days UNMC's Facilities Department will put ice melt on our sidewalks to help prevent slips and falls. Please bring a clean pair of shoes for exercising to prevent tracking the salt into the facility. Help us keep our workout areas, equipment and carpets clean!
- If Engage has to close or adjust our hours, we will let you know on Facebook. You can also call and check the message on our voicemail. (402) 552-7210.

Visit us online:

www.unmc.edu/engage



UNIVERSITY OF
Nebraska
Medical Center