

# MDA Virtual Health Fair

October 24<sup>th</sup>-28<sup>th</sup>



## Welcome to the 2<sup>nd</sup> MDA Virtual Health Fair!

This virtual event is based on the 6 dimensions of wellness: Intellectual, Occupational, Physical, Emotional, Social, and Spiritual.

The goal of this virtual fair is to provide more information about health & wellness helping you gain insight into your own daily lifestyle.

We are excited to announce we are combining our Red Ribbon Campaign with your virtual health fair. This year's theme is *'Celebrate Life. Live Drug Free'*.

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## The Six Dimensions of Wellness Model

Developed by Dr. Bill Hettler, co-founder of the National Wellness Institute (NWI), this interdependent model, commonly referred to as the Six Dimensions of Wellness, provides the categories from which NWI derives its resources and services.



**OCCUPATIONAL** The occupational dimension recognizes personal satisfaction and enrichment in one's life through work.

Occupational wellness follows these tenets:

1. It is better to choose a career which is consistent with our personal values, interests, and beliefs than to select one that is unrewarding to us.
2. It is better to develop functional, transferable skills through structured involvement opportunities than to remain inactive and uninvolved.



**PHYSICAL** The physical dimension recognizes the need for regular physical activity. Physical development encourages learning about diet and nutrition while discouraging the use of tobacco, drugs, and excessive alcohol consumption.

Physical wellness follows these tenets:

- It is better to consume foods and beverages that enhance good health rather than those which impair it.
- It is better to be physically fit than out of shape.



**SOCIAL** The social dimension encourages contributing to one's environment and community. It emphasizes the interdependence between others and nature.

Social wellness follows these tenets:

- It is better to contribute to the common welfare of our community than to think only of ourselves.
- It is better to live in harmony with others and our environment than to live in conflict with them.



**INTELLECTUAL** The intellectual dimension recognizes one's creative, stimulating mental activities. A well person expands his or her knowledge and skills while discovering the potential for sharing his or her gifts with others.

Intellectual wellness follows these tenets:

- It is better to stretch and challenge our minds with intellectual and creative pursuits than to become self-satisfied and unproductive.
- It is better to identify potential problems and choose appropriate courses of action based on available information than to wait, worry, and contend with major concerns later.



**SPIRITUAL** The spiritual dimension recognizes our search for meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe.

Spiritual wellness follows these tenets:

- It is better to ponder the meaning of life for ourselves and to be tolerant of the beliefs of others than to close our minds and become intolerant.
- It is better to live each day in a way that is consistent with our values and beliefs than to do otherwise and feel untrue to ourselves.



**EMOTIONAL** The emotional dimension recognizes awareness and acceptance of one's feelings. Emotional wellness includes the degree to which one feels positive and enthusiastic about one's self and life.

Emotional wellness follows these tenets:

- It is better to be aware of and accept our feelings than to deny them.
- It is better to be optimistic in our approach to life than pessimistic.

## Schedule of Events

*All Sessions offered virtually through Zoom.*




**Access the MDA Virtual Health Fair here (NO registration required!):**

<https://www.millenniumhealthandfitness.com/mda-virtual/>

	MON Oct 24th, 2022	TUES Oct 25th, 2022	WED Oct 26th, 2022	THURS Oct 27th, 2022	FRI Oct 28th, 2022
	Zoom Link <a href="#">HERE</a>	Zoom Link <a href="#">HERE</a>	Zoom Link <a href="#">HERE</a>	Zoom Link <a href="#">HERE</a>	Zoom Link <a href="#">HERE</a>
8:00am CT		Yoga with Jane Lee	Meditation with Jane Lee		
9:00am CT		CareFirst Blue Cross & Blue Shield Chris Alexander/Marva May	SAMSHA Drug Free Workplace Shen Hyden	Crisis Services Addie Wagner	
10:00am CT	Health Fair Kickoff  Ms. Laura M. DeSimone Executive Director	GEHA  Keisha Moore	Healthy Generations Area Agency on Aging  Angela Snyder/Patricia Holland	Behavioral Health Wellstone  Melissa Caldwell	Motivation Alliance  Sean Venckus
11:00am CT	North Alabama Sickle Cell Foundation  Pamela Thompson	Virginia Breast Cancer Foundation  Erin Steigleder	Mental Health of America General Mental Health  Laurie Black	American Health Association  Stephanie Cline	Crestwood Medical Center Breast and Bone Health  Julie McClain
12:00PM CT			Autism Society of Central Virginia  Sarah Doyle		Motivation Alliance Virtual Walk
1:00pm CT	Blue Cross & Blue Shield  Kathy Bass	Calm App  Katie Weber	Land Trust of North Alabama  Melanie Manson	Social Security Administration  Jaqueline Weigarber	Fox Army Health Center – General Health  Mary Bouldin

## Monday, October 24<sup>th</sup>, 2022

Access ALL Monday sessions by clicking [HERE!](#)  
Or enter the Meeting ID: 160 908 4719  
Passcode: VhealthF#1






10:00am-11:00am CT	<p>Virtual Health Fair Kick- Off <b>(Available in Social)</b></p> <p><b>Ms. Laura M. DeSimone, Executive Director</b></p>	
11:00am-12:00pm CT	<p>North Alabama Sickle Cell Foundation– Pamela Thompson <b>(Available in Health Care Provider)</b></p> <p>This presentation will discuss the services and resources the North Alabama Sickle Cell Foundation offers the community</p>	
1:00pm-1:30pm CT	<p>Blue Cross &amp; Blue Shield – Kathy Bass <b>(Available in Health Care Provider)</b></p> <p>This presentation will discuss the 2023 BCBS benefits</p>	

## Tuesday, October 25<sup>th</sup>, 2022

Access ALL Tuesday sessions by clicking [HERE!](#)

Or enter the Meeting ID: 160 263 1857

Passcode: VhealthF#2

8:00am – 8:30am CT	Join us for LIVE Yoga class instructed by Jane Lee <b>(Available in Physical)</b>	
9:00am-10:00am CT	CareFirst Blue Cross & Blue Shield – Chris Alexander/Marva May <b>(Available in Health Care Provider)</b>  This presentation will discuss the 2023 CareFirst BCBS medical, dental and vision benefits	
10:00am-11:00am CT	GEHA– Keisha Moore <b>(Available in Occupational)</b>  This presentation will discuss GEHA’s 2023 medical and dental plans	
11:00am-12:00pm CT	Virginia Breast Cancer Foundation – Erin Steigleder <b>(Available in Intellectual)</b>  Education and advocacy are at the heart of our work. We provide educational presentations like this one and newly diagnosed packets to people across the state. We will discuss breast cancer statistics, mammograms, what breast cancer can look and feel like as well as how to reduce your risk	
1:00pm-2:00pm CT	Calm App – Katie Weber <b>(Available in Spiritual)</b>  This presentation will discuss the Calm application and how it provides support to the employee in mental health and build resilience through better sleep, reduced stress and anxiety, and improved mindfulness	

## Wednesday, October 26<sup>th</sup>, 2022

Access ALL Wednesday sessions by clicking [HERE!](#)

Or entering the Meeting ID: 161 660 3986

Passcode: VhealthF#3

8:00am – 8:30am CT

Begin the morning with a LIVE Meditation session facilitated by Jane Lee  
**(Available in Spiritual)**



9:00am-10:00am CT

SAMSHA Drug Free Workplace – Shen Hyden  
**(Available in Red Ribbon)**  
*'Celebrate Life. Live Drug Free'*



This presentation will provide attendees with an overview of the background and history of the program, as well as updates on the current issues and future of the Federal Drug-Free Workplace Program.

10:00am-11:00am CT

Healthy Generations Area Agency on Aging – Angela Snyder/Patricia Holland  
**(Available in Intellectual)**



This presentation will discuss the services and resources that Healthy Generations Area Agency on Aging have to offer the community

11:00am-12:00pm CT

Mental Health of America General Mental Health – Laurie Black  
**(Available in Emotional)**



This presentation will discuss helpline, senior visitors, suicide prevention, and support groups

12:00pm – 1:00pm

Autism Society of Central Virginia – Sarah Doyle  
**(Available in Intellectual)**



This presentation will discuss an overview of Autism and the services available through the Autism Society of Central Virginia

1:00pm-2:00pm CT

Land Trust of North Alabama – Melanie Manson  
**(Available in Social)**







Land Trust of North Alabama provides plenty of ways to experience all the benefits time in nature can provide. You can exercise or simply enjoy some rejuvenating quiet time on over 70 miles of public trails and countless outdoor spaces showcasing our region's natural beauty

## Thursday, October 27<sup>th</sup>, 2022

Access ALL Thursday sessions by clicking [HERE!](#)

Or enter the Meeting ID: 160 994 7994

Passcode: VhealthF#5





9:00am-10:00am CT	<p>Crisis Services – Addie Wagner <b>(Available in Emotional)</b></p> <p>This presentation will discuss the services and resources Crisis Services have to offer the community</p>	
10:00am-11:00am CT	<p>Behavioral Health Wellstone – Melissa Caldwell <b>(Available in Health Care Provider)</b></p> <p>WellStone is North Alabama’s largest and most comprehensive behavioral health care provider. Discover the programs and resources that are available to individuals, couples, and families across the Tennessee Valley</p>	
11:00am-12:00pm CT	<p>American Health Association – Stephanie Cline <b>(Available in Physical)</b></p> <p>This presentation will cover Cardiac Arrest vs. Heart Attack, Healthy eating habits, and stress management</p>	
1:00pm-2:00pm CT	<p>Social Security Administration – Jacqueline Weigarber <b>(Available in Occupational)</b></p> <p>This presentation will discuss social security benefits; when you qualify, how your benefit is determined, what’s the best age to start receiving your benefit, working while receiving your benefit, benefits for spouses, and so much more</p>	

## Friday, October 28<sup>th</sup>, 2022

Access ALL Friday sessions by clicking [HERE!](#)

Or enter the Meeting ID: 160 994 7994

Passcode: VhealthF#5

10:00am-11:00am CT	<p>Motivation Alliance – Sean Venckus <b>(Available in Physical)</b></p> <p><b>Motivation Alliance</b> is an online platform designed to support your overall wellness. Creating an account will not only activate you VBFC membership, it will also provide you with many tools to help guide your wellness journey. Once registered you can tailor the Motivation Alliance platform to meet your specific wellness needs.</p> <p>Click the link below and to create an account and explore the Motivation Alliance platform! <a href="https://mda.mhfwellnessportal.com/">https://mda.mhfwellnessportal.com/</a></p>	
11:00am-12:00pm CT	<p>Crestwood Medical Center Breast and Bone Health – Julie McClain <b>(Available in Intellectual)</b></p> <p>This presentation will discuss the goal of breast screening, mammography screening and types of breast cancer</p>	
12:00pm-12:30pm CT	<p>Motivation Alliance Virtual Walk <b>(Available in Physical)</b></p> <p>Step outside and enjoy the fall air as we set out on a lunchtime walk. Make sure to log into Motivation Alliance and claim your Alliance points for your effort!</p>	
1:00pm-2:00pm CT	<p>Fox Army Health Center General Health – Mary Bouldin <b>(Available in Physical)</b></p> <p>This presentation will provide information on how building better habits in three key areas (sleep, activity, and nutrition) can improve your Physical Wellness</p>	



## How to Access the MDA Virtual Health Fair

1. **NO** registration is necessary for the health fair or individual sessions!
2. Go to the MDA Virtual Health Fair landing page:
  - <https://www.millenniumhealthandfitness.com/mda-virtual/>
3. Click on each Dimension of Wellness tile for a description of the webinar presentations offered under each heading.
4. Each day of the virtual health fair will have a single Zoom link assigned that can be found on page 3, The Schedule of Events, in the header. For example, all sessions scheduled for Monday can be accessed through the same Monday Zoom link, all sessions scheduled for Tuesday can be accessed through the same Tuesday Zoom link.
5. To participate in a scheduled event, click on the daily Zoom link or enter the meeting ID and password at the scheduled time.
6. Full access to the sessions will be available starting Monday, October 24<sup>th</sup>, 2022.

## Why are there other tiles on the MDA Virtual Health Fair website and what are they?

Three additional tiles are added with the 6 Dimensions of Wellness to provide increased visibility and clarity for the categories of webinar sessions. The added tiles provide an easy reference for specific topics making them quick to find.



**Health Care Providers** - Listen to and see a variety of health care providers at multiple MDA regions as well as our Federal Health Insurance Providers. All are available for any of your federal health insurance questions.



**Red ribbon** - Red Ribbon is an alcohol, tobacco, and other drug and violence prevention awareness campaign observed annually in October in the United States. It began as a tribute to fallen DEA special agent Enrique Camarena in 1985. This year's theme is '*Celebrate Life. Live Drug Free*'.



**Cooking Demo** - In these demonstrations we will discuss the importance of balanced meals for optimal nutrition. We will create easy, fun, and healthy Make and Take meals. Presented by Lindsay Martin, MS, RDN, LDN Health and Wellness Program Manager, GEHA Keisha Moore

## Additional Resources

### Cooking Demos

OnDemand [HERE](#)

Password:  
Pb2xWHWeP87

#### Smoothies

Join your GEHA team virtually to mix up some 'good for you' healthy smoothies!

Cooking  
Demo



OnDemand [HERE](#)

Password:  
cKrWfP7

#### Snacks

If you think healthy doesn't always taste so good, join your GEHA team as they mix up and shares recipes for some healthy and tasty snacks!

Cooking  
Demo



OnDemand [HERE](#)

Password:  
cDB7Pwiw

#### Power Bowls

The bowls pack a nutritious punch and are full of flavor! They will leave you feeling satisfied and full!

Cooking  
Demo



OnDemand [HERE](#)

Password:  
pFgFxXD3

#### Salads

Tired of the same old green salad? Mix it up with your GEHA team for a salad full of crunch, flavor, and anything but boring!

Cooking  
Demo



### Health Education webinar

OnDemand [HERE](#)

**Telework: Prioritize Health and Wellness**

