

Wellness 360 Symposium Program Guide for Participants 2023

Wellness 360 registration counts toward the Director's Wellness Trophy Competition



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Schedule of Events

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

Please Note: You will find the event behind the tile indicated in **red**.

Monday, October 16, 2023

11:00am-11:45am EDT	WELL come, Get to Know Your Dimensions (Intellectual)
12:00pm-12:30pm EDT	Meditation Monday: Blue Bindu: Heart (Spiritual)
12:00pm-12:30pm EDT	On Demand: Fitness Class – HiIT (Physical)
12:45pm-1:45pm EDT	Motivation Monday: EAP Orientation (Emotional)

Tuesday, October 17, 2023

11:00am-11:45am EDT	Real World Scenarios for Workforce Wellness (Occupational)
12:00pm-12:30pm EDT	Stretch Break: Introduction to Isometric Stretching (Physical)
12:00pm-12:30pm EDT	On Demand: Fitness Class – Yoga with Breathwork (Physical)
12:45pm-1:45pm EDT	Refresh Pre-Walk Session: Activity Instructions (Social) <i>**Walk will take place from 1:15-1:45**</i>

Wednesday, October 18, 2023

11:00am-11:45am EDT	Healthy Habits: Effective Communication for Different Personalities (Intellectual)
12:00pm-12:30pm EDT	Fitness Class: Total Body Conditioning (Physical)
12:00pm-12:30pm EDT	On Demand: Meditation Wednesday – (Spiritual)
12:45pm-1:45pm EDT	Ask the Registered Dietician (RD) – (Physical)

Thursday, October 19, 2023

11:00am-11:45am EDT	Ask the Registered Dietician (RD) – (Physical)
11:00am-12:00pm EDT	EAP Fall Series: Positively Maneuvering Change in the Workplace for Employees (Occupational)
12:00pm-12:30pm EDT	Stretch Break: Office Stretches (Physical)
12:00pm-12:30pm EDT	On Demand: Fitness Class – Turbokick (Physical)
12:45pm-1:45pm EDT	Recover, Refresh, Renew Presentation (Emotional)

Friday, October 20, 2023

11:00am-11:45am EDT	LeadWELL: A Wellness Chat + Q&A with Ms. Rosie Tinsley, DFAS CFO, SES (Occupational)
11:00am-12:00pm EDT	EAP Fall Series: Helping Employees Positively Maneuver Workplace Change for Leaders (Occupational)
12:00pm-12:30pm EDT	Meditation Friday: White Bindu: The Crown (Spiritual)
12:00pm-12:30pm EDT	On Demand: Fitness Class – Core Without the Floor (Physical)
12:45pm-1:45pm EDT	Healthy Happy Hour (Social)

*A description of each class can be found on page 4.





How to Register for DFAS Wellness 360:

1. Go to: <https://www.millenniumhealthandfitness.com/dfas-virtual/>
2. Enter your information and click on the “Register” button.
 - *NOTE: Once you register you will have access to the Wellness 360 landing page only. Full access to the sessions will be available starting Monday, October 16th, 2023.*

The screenshot shows the registration form on the Millennium Health & Fitness website. At the top, there is a navigation bar with the logo and links for HOME, ABOUT US, SERVICES, TEAM, CLIENTS, and CONTACT. A secondary navigation bar contains 'VIRTUAL CLASSES', 'REGISTRATION', and 'LOGIN'. The registration form has the following fields: First Name, Last Name, Work E-mail Address, Password, and Location. A blue arrow points to the Password field. Below the form are two buttons: 'Register' (blue) and 'Login' (grayed out).

Click on the gray “Login” button if you have **already** registered for the event.

During the event, simply access the DFAS Wellness 360 webpage. Each event is listed under a Dimension of Wellness indicated in **red** above on the schedule of events (e.g., Keeping Macros Simple – **Physical**). Click on the Dimension of Wellness tile corresponding to the event you would like to attend. Then click on the link or copy and paste the link for the event into your browser.

We look forward to seeing you at the health fair!

**Live events are available from 11 a.m.-1:45 p.m. Eastern Daylight Time daily via Adobe Connect. To provide an intimate space to foster sharing and collaborative learning, attendance in each room is limited to 100 participants. Join the sessions on time to increase your chances of securing a seat.*





Class Descriptions

Monday, October 16, 2023:

WELLcome, Get to Know Your Dimensions

We would like to take this time to WELLcome you to Wellness 360! This session will help orient you to the theme of this year's symposium as well as to the 6 Dimensions of Wellness. We will go over what the 6 Dimensions are and how they may have meaning in your life. We will also have an interactive Trivia session where you can test your knowledge of the 6 Dimensions!

Meditation Monday: The Blue Bindu/Pearl: The Heart of Love and Nourishment

How often do we place value judgments on emotions and thoughts? Eschewing this and clinging to that can be exhausting. In yogic tradition, love, compassion, emotions, and thoughts suffuse the body mind as rays of energy from the Blue Pearl or Bindu in the chest area. This is the place of sustenance, maintenance, and nourishment. Today, we'll experience welcoming thoughts and emotions, just as they are... as messengers with valuable information to assist us in being present, right here, right now. The Blue Bindu, the Essence of all Energy, represents Consciousness supporting all that is... the primal unfolding!

On Demand: Fitness Class: HiIT

Get ready to torch calories with this HARD-CORE HIIT workout! You'll challenge your muscles and get seriously sweaty, take water breaks so you can replenish and get ready to take on the next set of moves! During this workout, you'll need to dig deep and check in with your core to gather the strength to push through these challenging moves. Trust yourself and know that you got this!

Motivation Monday: EAP Orientation

The juggles of life are real! The EAP (Employee Assistance Program) is here to help employees become aware of how they are doing and improve areas of their lives. The EAP has a community of experts to support employees confidentially, plus perks and digital resources to help with Work-Life juggles and struggles. The program offers employees and their household members a variety of resources, tools and services to make life a little easier. In this training, employees will learn the details of their EAP benefits, how to use them and different methods of access.

Tuesday, October 17, 2023:

Real World Scenarios for Workforce Wellness

Not all EAP benefits will be relevant to all individuals. We have created several real-world scenarios involving EAP to help you visualize how these benefits can improve workplace wellness. Please join us for this interactive session as we lay out these scenarios and discuss as a group their real-world impact! This will also be a great opportunity to share real world feedback you may have utilizing your EAP benefits!

Stretch Break: Introduction to Isometric Stretching

Isometric stretching is a type of static stretching (does not use motion) which involves the resistance of muscle groups through tensing of the stretched muscles. One of most effective methods for improving static passive flexibility is through the use of isometric stretching. It is demanding on the





muscle tendons and joints and should not be performed more than once per day on a given group of muscles.

Fitness Class: OnDemand – Yoga with Breathwork

This class combines traditional yoga practice with breathwork and meditation. This practice also helps strengthen and tone the abdominal muscles, lung clearing and aids in digestion.

ReFresh Walk Tuesday

Taking a walk does not have to be long or to a specific destination. It could just be walking outside and being mindful of your surroundings during your lunch or break. For a fun twist, come join us for a pre-walk session where you will be given your mission: embarking on a scavenger photo hunt. Participants will be tasked with collecting the items from a pre-determined mission list. Employees can use their smartphone to capture the evidence. Before heading out on your adventure, we will advise on incentives you can earn for having a successful hunt.

Wednesday, October 18, 2023:

Healthy Habits: Effective Communication for Different Personalities

Have you ever wondered why you work really well with some people and seem to clash with others? Why you can predict how some colleagues will react to situations while others catch you off guard? In this presentation participants will learn how to better understand personality types and effectively engage with others, even when you may not share the same perspectives.

Fitness Class: Total Body Conditioning

This challenging, dynamic class with energetic music is designed to work your entire body through cardiovascular conditioning, strength training, and functional training. It is a hardcore class to get you sweating and burning calories. All levels are welcome.

On Demand: Meditation Wednesday – Weathering Storms

Imagine resting in the eye of a storm, that peaceful center, no matter what swirls around you. That place is your Essential Nature and touching into it helps us weather any storm!

Wellness Wednesday: Ask the “RD”

A registered and licensed dietitian nutritionist leads open question-and-answer sessions. Participants may ask any questions related to nutrition, food, and aspects of a heart-healthy lifestyle including managing chronic conditions and lifestyle habits that impact heart health. The dietitian will prepare 2-3 talking points to get the conversation started.

Thursday, October 19, 2023:

Ask the “RD”

A registered and licensed dietitian nutritionist leads open question-and-answer sessions. Participants may ask any questions related to nutrition, food, and aspects of a heart-healthy lifestyle including managing chronic conditions and lifestyle habits that impact heart health. The dietitian will prepare 2-3 talking points to get conversation started.





EAP Fall Series: Positively Maneuvering Change in the Workplace for Employees

Change is inevitable and essential to functioning and growing in today's world. Our response to change is personal and varied based in part by past experiences and personality traits. In this training, participants will learn how different change types and sizes impact the change experience, the role of resistance in change, the importance and value of change, managing emotions in a changing environment and the power of resiliency and self-care in navigating change.

Stretch Break: Office Stretches

"Working at a desk, office or at home, your muscles can become tired, stiff, and sore at the end of the day. Daily wear and tear combined with back, neck, and shoulder pain can significantly decrease productivity and maybe even job satisfaction.

Fortunately, one of the simplest, quickest ways to avoid pain and stiffness from a long day at work is to take a break during the day to stretch. Stretching can be a beneficial habit to add to your daily routine and can reduce the risk of soft tissue injuries, increase your energy levels, and even improve your body's range of motion. Join us for an online stretch session. This twenty-minute session includes desk stretches and a breathing exercise. Refresh, improve flexibility and posture!"

Fitness Class: OnDemand – Turbokick

This high-energy kickboxing workout challenges beginner and elite athletes alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this cardio kickboxing class! Jam to music while launching into rapid boxing punches! No equipment necessary.

Behavior Change: Recover, Refresh, Renew Presentation

Recover, Refresh, and Renew is the overarching theme for this year's Wellness 360 Symposium. Our goal with the webinar is to provide employees with practical tools to help them recover from all of life's demands, feel refreshed after instilling optimal habits to help them enrich their personal and professional spheres, and to live a renewed life moving forward. This presentation will include a segment that leads employees through some breathing and mindful techniques.

Designed to empower your people to instill lasting [health] behavior change, this workshop provides the knowledge, implementation tools, and inspiration to form and keep optimal habits, both at work and at home, as they are provided with practical tools to make their recover, refresh, renew journeys much easier.

BONUS: All workshop participants will receive a Recover, Refresh, Renew take-home workbook, a habit contract to boost accountability, and receive a Healthy Habit Hub booklet, which outlines healthy habits, why and how they produce specific positive outcomes, and easy implementation strategies.

Friday, October 20, 2023:

LeadWELL: A Wellness Chat + Q&A with Ms. Rosie Tinsley, DFAS CFO

Leaders provide guidance, inspiration, and motivation when achieving goals. They help to create a vision and rally people around a common cause. Leaders possess the necessary skills and knowledge to make informed decisions and solve problems. Doing this work effectively means that personal wellness must be a priority. Join us for a candid chat on the importance of





workplace wellness with our very own Ms. Rosie Tinsley, CFO. She will share her personal experiences with making time for wellness and will provide her thoughts on the benefits of a well workforce, psychological safety at work, and practicing empathy and emotional intelligence.

EAP Fall Series: Helping Employees Positively Maneuver Workplace Change for Leaders

Presenter: Magellan EAP Consultant

Change is all around us. Change is needed for growth—personally and organizationally. Success or failure of workplace change depends largely on how the change is managed. In this training, managers, supervisors, and human resource managers will learn the types of change, challenges and benefits of change, effective leadership for a changing environment and proven methods of self-care in times of change.

Meditation Friday: The White Bindu/Pearl: The Crown of Awareness

Maybe you feel limited, confined, with lingering unresolved issues. Now, imagine a limitless sky, vast and open. No boundaries, no barriers, a place of resorption, where all dissolves into nothingness. The Radiance Sutras say, “Look around inside with wonder, Unmind your mind, All the walls have fallen down. Go ahead and dissolve...” The White Pearl or Bindu, the Essence of Awareness, in the head or at the crown, is that place of dissolution, where Consciousness comes home to itself.

Fitness Class: OnDemand – Core Without the Floor

Strengthening the core can be done in many ways and doesn't require lying down. There are plenty of standing and sitting exercises that can help build a strong and stable core. This class builds a strong core by working the muscles of the abdomen, hips, and legs.

Healthy Happy Hour

Join us for a 60-minute healthy, happy hour! We will take you through a quick DFAS trivia session, a few fun filled rounds of BINGO, and end with a live demonstration on how to make 2 healthy holiday beverages! There will also be a fun giveaway. NOTE: you must pre-register and be in attendance to win! If you plan on making a healthy drink with us, the recipes will be sent to you after registering for the event. Bingo cards will also be provided. In the meantime, you can also check out the recipes at the below links:



Additional Resource Tiles

(In addition to the information below, all Wellness 360 rooms include helpful resource links tailored to each dimension of wellness.)

Grub Club: The Grub Club is a quarterly healthy cooking demonstration by Registered Dietitian Alexia Lewis. In this room, you will find access to previously recorded episodes, as well as information on our next event!

30 Days of Gratitude: Learn more about the annual DFAS 30 Days of Gratitude Challenge and sign up for the 2023 challenge kicking off in November.

DFAS On Demand Fitness Library: Find the online on demand fitness library where you can access a plethora of fitness classes whenever you please!

Healthy Happy Hour Recipes: <https://mindfulmocktail.com/pomegranate-mocktails/>

<https://therealfooddietitians.com/sparkling-cranberry-kombucha-mocktail/>



Meet the Presenters

Healthy Habits: Effective Communication for Different Personalities

Jenny Edwards, MA, LAT/ATC, WCP, Certified LSS Green Belt

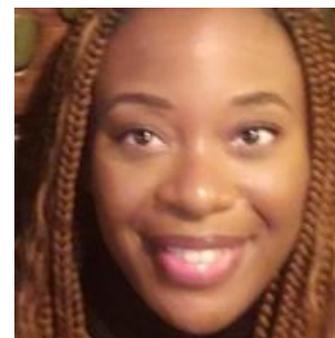
Jenny is a licensed, certified Athletic Trainer with over twenty years of experience in the healthcare industry. The opportunity to have worked in multiple settings as a clinician has provided a unique understanding of the relationships each aspect of the health care ecosystem has with one another. Earning the Wellness in Clinical Practice Certification through the National Wellness Institute, Jenny was able to build wellness services within a large healthcare system. She has worked in higher education settings, where she focused on delivering healthcare strategies to community members to improve population health within communities and has spent the last thirteen years developing award-winning corporate wellness programs. Fueled by her passion for creating personal relationships to help foster health improvement, Jenny has accepted many speaking engagements, served as a mentor for the Kansas City Chamber of Commerce members through the Healthy KC initiative, served on the Healthy Kansas Hospitals Advisory Board and also has also attained Faculty Member status through the Wellness Council of America.



EAP Orientation, LeadWELL

Shayla Jones, M.S.

Shayla Jones currently serves as the DFAS Work Life Program Manager. In her role she manages the Workplace Wellness, Telework, and Employee Assistance programs. Ms. Jones is a certified professional (PHR) in Human Resources (HR) with over 15 years of HR experience. She has a Bachelor's degree in Sociology and a Master's Degree in Leadership. Ms. Jones has successfully completed the Worksite Wellness Program Manager Certificate Course awarded by the prestigious National Wellness Institute (NWI). Ms. Jones has a passion for encouraging employees to be their best selves at work by engaging in intentional health practices that benefit all dimensions of their wellbeing.



“Ask the RD”

Jean Daniello, MS, RD

Jean Daniello has been working as a Registered Dietitian/Nutritionist for over 30 years. She specializes in diabetes care, weight management and adolescent behavioral nutrition care and has a special interest in individuals with special needs. Jean has served with the MD State Department of Education, Food and Nutrition Services, she has developed the United Way Grant Funded Programs to support multiple group home settings, and provided nutritional services as a clinical dietitian in the hospital setting with a focus on adolescent nutrition in behavioral health, nutrition therapy in patients with complex conditions, and cardiac rehabilitation. She has served with the Health Nutrition Practice Group of the Academy of Nutrition and Dietetics as a resource specialist, and has experience in food Service Management, recipe development and food safety. She has served as in the U.S. Army Medical Reserves Corp as Registered Dietitian. In addition to her full time clinical position and independent practice, Jean serves as a nutrition consultant for Millennium Enterprises.



Recover, Refresh, Renew Presentation

Leighanne Gerstbrein, MA, ACSM -CEP

Leighanne is the owner of LGB-Well and previously served as the Health Promotion Program Manager for the Military Sealift Command. She was instrumental in launching the Military Sealift Command’s (MSC) first-of-its kind multi-faceted Health and Wellness program to develop and implement health promotion programming targeting the civilian mariners and MSC population. Leighanne also provides health coaching for DFAS employees under the DFAS Wellness Program. She has her Master’s in Public Health from the University of Alabama, a Certified Health Education Specialist certification and is an ACSM Clinical Exercise Physiologist.





LeadWELL: A Wellness Chat + Q&A

Rosie W. Tinsley, Chief Financial Officer
Defense Finance and Accounting Service



Ms. Rosie W. Tinsley is the Defense Finance and Accounting Services' (DFAS) Chief Financial Officer (CFO) and senior Agency financial manager and advisor, providing comprehensive oversight of the daily financial operations for DFAS' \$1.5 billion Working Capital Fund (WCF). In this capacity, she also serves as the DFAS financial liaison to the Military Services, Defense Agencies, the Executive Office of the President (including paying the President), the Departments of Energy, Health and Human Services, and Veterans Affairs customers on all DFAS billing matters, developing rates and executing analysis for over 20 product lines and services provided to more than 80 entities and 6.5 million customers. Under Ms. Tinsley's leadership DFAS has accomplished multiple consecutive clean audit opinions, most recently achieved with successful virtual audits during the pandemic, while continuing to contribute to the Department of Defense (DoD) auditability objective.

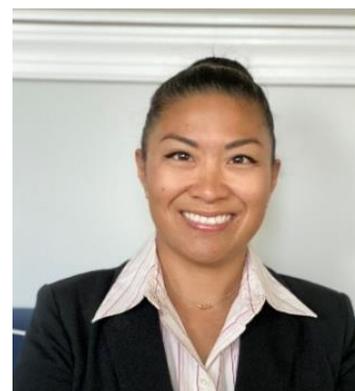
Ms. Tinsley's commitment to financial management, human capital management, strategy, internal controls, productivity metrics, financial management data analytics, DoD performance, partnerships, and efficiency efforts has resulted in impactful, quantifiable, and qualitative results.

Appointed to the Senior Executive Service in May 2006, Ms. Tinsley is a graduate of Ball State University's Honors College with a bachelor's degree in Business Administration. In addition to being a Certified Government Financial Manager and Lean6 Black Belt, Ms. Tinsley holds a Level 3 certification in DoD Financial Management. She is a member of the American Society for Military Comptrollers, Association of Government Accountants, and Federal Executive Association.

Healthy Happy Hour

Melita Jovel, MS, NASM-CPT/FNS

As a NASM Certified Personal Trainer, NASM Fitness Nutrition Specialist, Cooper Trained Health Coach, and AFAA group exercise instructor, Melita Jovel originally started at MHF as a Specialty Class Instructor, eventually coming on board full-time as a Wellness Fitness Specialist. She then went on to work as a Health Promotion Coordinator under the VA WIN program, managing health promotion programs at several VA sites around the Washington, DC Metropolitan area. She eventually found her way back to working closely with fitness centers again as an Operations Manager overseeing 15 government sites nationwide. Melita continues to enjoy working in the wellness space, helping others to advance knowledge on how to improve their own health and fitness. Melita lives in Florida with her husband David, their son Mathias, and two French Bulldogs, Pua and Beans.



Sean Vecknus, MS, CSCS, TSAC-F

Sean is a United States Army Veteran with over a decade of leadership experience in sports medicine as well as strength and conditioning. He has a Bachelor of Science degree from George Mason University in Athletic Training as well as a Master of Science degree from Concordia University Chicago in Strength and Conditioning. Sean spent 8 years as an Athletic Trainer for the University of Alabama Huntsville Hockey and Baseball teams prior to joining Millennium. Sean has spent the last three years as the Wellness/Fitness Coordinator for the Von Braun Fitness Center (VBFC) supporting the Missile Defense Agency (MDA) in Huntsville Alabama. While supporting the daily needs of the VBFC, Sean has also worked strategically with the Millennium management team to create agency specific programming to better support MDA's wellness vision. He was also instrumental in guiding the agency into a new digital era of member support and tracking. Sean has been married to his wonderful wife Katie for 12 years and has a son Ryan (6) and a daughter Avery (3). When not at the gym, Sean can be found at the golf course, fishing pond, or his backyard grill.



Sierra Rankin, MS, CHES

Sierra Rankin understands that health is not just physical, it is rather composed of several factors including social, financial, and mental health. Sierra's great passion is working in health education and healthcare field where she brings 10+ years of experience. Sierra has had great success with health education forging and growing several dynamic programs with partners across the campus while on the staff at The University of Cincinnati, which Sierra happens to be a proud three-time alumna completing a professional certification in Substance Abuse Prevention, her bachelor's and Master's in Health Education, Public and Community Health. She is also a certified Health Education Specialist (CHES), and Adult Mental Health First Aid, Question, Persuade, Refer (QPR) Mental Health Gatekeeping.



Implementing and managing health education strategies, interventions and programs that can serve to help support individuals as they work to create and maintain a healthy lifestyle is what Sierra is more than ready willing and able to do.

Sierra is from Cincinnati, OH and is the proud mother of two young sons.

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.