

## Responding to Stay-At-Home Order: UArizona Health Sciences Launches Weekly Virtual Lunchtime Discussions Focused on Wellness

**New Initiative Name:** *Wellness Wednesdays: A Community Connection*

**Audience:** Key stakeholders, general community members, corporate partners, non-profit organizations, senior communities, women, minority communities, etc.

**Objective:** *Wellness Wednesdays: A Community Connection* bridges renowned healthcare experts to community members offering best practices to prevent illness, decrease stress, and increase a healthy and fulfilling life. Additionally, this community health program is an outlet for BSN nursing students to conduct required community service projects virtually.

**Goals:** As a response to the COVID-19 stay-at-home orders, the goal of this initiative is to spur engagement with community members to showcase UArizona Health Sciences as comprehensive leaders surrounding disease prevention and evidenced based ways to improve the health of Arizonans.

**Strategic Plan Alignment:** This initiative falls in line with UArizona Health Sciences Strategic Plan initiative 3.3, [Making Wellness Ageless](#).

**Anticipated Start Date:** April 15, 2020 – Summer, 2020

**External Appeal:** Namaste lunch-goers! The University of Arizona Health Sciences invites you to change up your routine and enjoy upbeat conversations called ***Wellness Wednesdays: A Community Connection*** – a weekly lunchtime event to promote nutritious foods, healthy minds and strong bodies.

**Outlet:** ***Wellness Wednesdays: A Community Connection*** is a free, 30-minute virtual and interactive experience through Zoom. Attendees will hear from the moderator and presenter for 15 minutes, then an additional 15 minutes will be dedicated to Q&A inviting participants to submit questions through the chat function. After each session, attendees will receive an email with session evaluation and follow-up links to resources.

**Overview:** Using data-driven, evidence-based practices, the University of Arizona Health Sciences Corporate & Community Relations team is working in collaboration with internal and external presenters to provide innovative education and wellness information that impacts the identified health needs of the community.

Sessions will include presentations by faculty, staff and students, along with community partners. The interactive webinars will provide information and tools to help support individuals while navigating through a new reality during a stay-at-home order.



UArizona Health Sciences is committed to creating a healthier community and helping individuals and families stay well through these challenging times by offering weekly 30-minute interactive webinars.

**Session Topics:**

- Food as Medicine
- Building a Strong Immunity
- Relaxation and Meditation for Mental Health
- Adapting to a New Normal
- Energy Leadership
- Enhance Your Immune System & Living Space
- Navigating Your Path for Mindfulness
- Tips for Keeping Your Brain Healthy and Active