

BLOMEYER BUZZ

February 2025

MARK YOUR CALENDARS!



FEBRUARY IS
**AMERICAN
HEART
MONTH**

#LoveYourHeart

Set your focus on loving your heart this month! Prioritize heart healthy activities like eating a heart-healthy diet, managing stress and increasing physical activity.



See p. 3 for February's group exercise schedule.



Nutrition

is a key part of your heart health!

Embrace the power of food to heal and energize through Emory's Nutrition campaign! Did you know that the foods you eat have a powerful impact on your overall health? Fruits and vegetables are nature's medicine. Packed with essential vitamins, minerals, and antioxidants, they help protect against chronic diseases, boost your immune system, and keep your body functioning at its best. Let's make fruits and veggies the star of every meal!

Earn a **\$100** Emory Medical Plan Well-being Incentive or reward when you complete all 2025 Nutrition activities February 1 – March 31, 2025. Sign in to your Sharecare app or healthyemory.sharecare.com to get started today!

Read these two articles (February 1 – March 31, 2025)

- [Blueberries: a little fruit with big health benefits](#)
- [How can I create an anti-inflammatory eating plan?](#)

Watch these two videos (February 1 – March 31, 2025)

- [How can I overcome my salt craving?](#)
- [What's the difference between refined carbohydrates and slow sugars?](#)

Sign in to your Sharecare app or healthyemory.sharecare.com. Select Achieve > Nourish & Reflect > Join Challenge. Track your balanced meals using the diet tracker for at least 21 days from March 1 – March 31, 2025. Once you complete all 5 Nutrition activities, you'll earn:

- a **\$100 Well-being incentive** if you're enrolled in an Emory medical plan
- a **Sweepstakes entry for a chance to win a prize** if you're not enrolled in an Emory medical plan

Email: Blomeyer@emory.edu or Phone: 404-727-4600

Learn more at hr.emory.edu/eu/wellness/blomeyer



Meet Blomeyer Health Fitness Center Program Manager, Jasmine Riley



Jasmine Riley is an experienced management professional, personal trainer, and group fitness instructor hailing from the small military town of Warner Robins, GA. She received her Bachelor of Science in Exercise Science from Georgia State University and her Associate of Science in Biology from Georgia Military College. Jasmine returns to Blomeyer Health Fitness Center as our Program Manager, having previously worked at Blomeyer from 2018 – 2020 as a Health Fitness Specialist.

Her interest in health and well-being began at an early age when she bounced her first basketball at four years old. Throughout her adolescence, she enjoyed a variety of sports and outdoor activities. Her athletic career was cut short after numerous knee injuries, but her passion for fitness remained alive and intact. Then, she knew that a career in the health and well-being field was her ultimate goal. She also enjoys photography, fine arts, and animals.

CONGRATULATIONS TO OUR COMMIT TO FIT RAFFLE WINNERS!

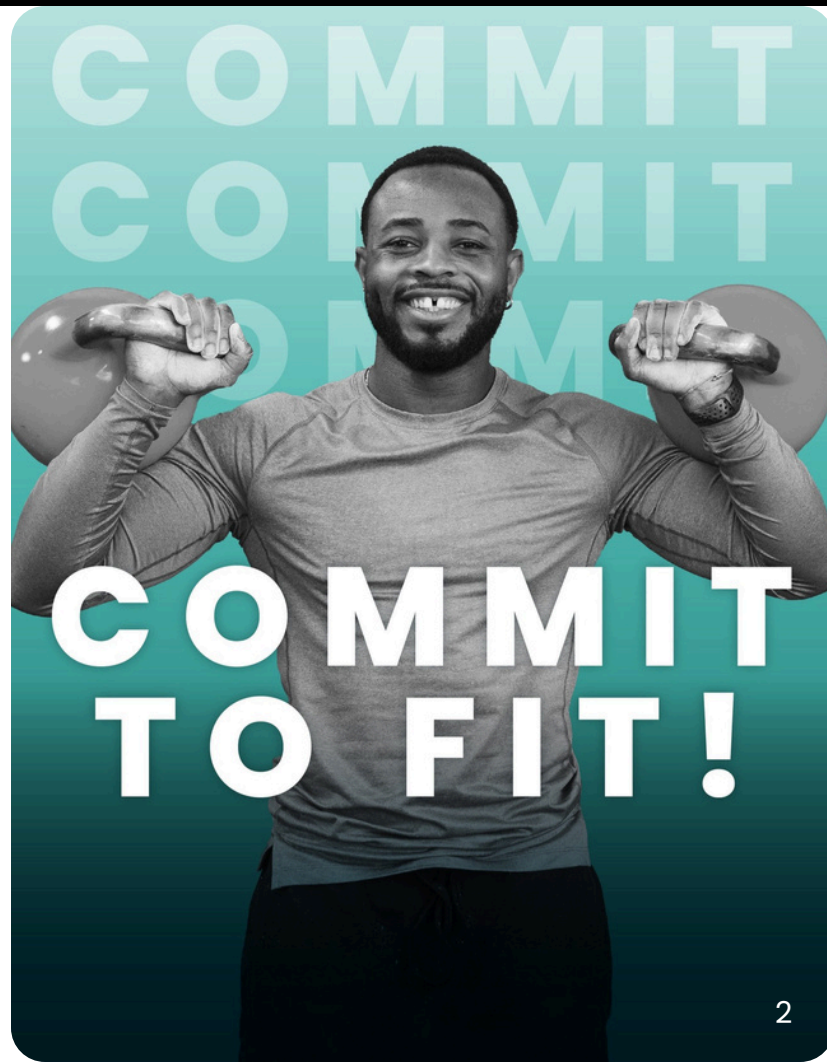
Edward Queen II

Marcia Hugh

Theodore Brzinski

Kallie Monroe

Members who checked in to the fitness center eight (8) or more times throughout January were entered into a raffle. Winners had the choice between a free 30-min. personal training session or 1-month free membership.



GROUP EXERCISE

February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Total Body Conditioning 12:00 – 12:45 p.m. <i>(hybrid)</i>		Functional Fitness 12:00 – 12:45 p.m. <i>(hybrid)</i> <i>No class 2/12</i>	Boot Camp 12:00 – 12:45 p.m. <i>(hybrid)</i>	Tabata 12:00 – 12:45 p.m. <i>(hybrid)</i>
Stretch & Flex 5:30 – 6:15 p.m.		Yoga 5:30 – 6:15 p.m.		

Hybrid: Blomeyer offers hybrid classes allowing you to attend in-person or online. Join us every weekday at 12:00 p.m. from your home, your office, or in our studio. These 45-minute workouts utilize minimal to no equipment. Classes are live streamed via Zoom. Click [here](#) to join. No registration required.

CLASS DESCRIPTIONS

Boot Camp (hybrid): Join us for a conditioning class that consists of callisthenic cardio activities combined with alternating segments of strength training.

Functional Fitness (hybrid): This class focuses on exercises that enhance your everyday movements, improving strength, balance, and flexibility. Using a variety of equipment and bodyweight exercises, you will build a strong foundation that supports overall wellness and prepares your body for real-life activities.

Stretch & Flex: A dynamic class designed to unlock your body's potential and enhance your overall mobility and vitality. Learn a variety of stretches to improve flexibility and release tension to improve your joint's ranges of motion safely and effectively.

Tabata (hybrid): A high-intensity interval training workout that incorporates short bursts of cardio and strength.

Total Body Conditioning (hybrid): A full body workout that targets all the major muscle groups. This class incorporates challenging exercises that will increase strength, decrease body fat, and improve overall conditioning.

Yoga: This class incorporates yoga postures, gentle movement sequences, breath work, supported silence meditation, as well as guided relaxation to support increased awareness and mindfulness of the breath and body while quieting the nervous system.



Healthy Emory Health and Well-being Corner

Discover resources, events, and tips designed to support your well-being! Take a moment to explore what's happening this month and find inspiration to prioritize your health.

American College of Lifestyle Medicine - Food is Medicine

Healthy Emory and Emory Woodruff Health Sciences Office of Well-Being (EmWELL) have partnered to offer Emory employees this educational opportunity with the American College of Lifestyle Medicine (ACLM). The Lifestyle Medicine & Food as Medicine Essentials Course Bundle provides a foundational, evidence-based introduction to nutrition and education for the prevention and treatment of chronic disease. Both Emory University and Emory Healthcare employees qualify for this opportunity. It is open to all employees (you do not have to be a provider to qualify). **[Click here to register](#)**

*Physical
Well-being*

- There are 2,500 licenses available on a first-come, first-served basis. We encourage everyone interested to register as soon as possible.
- There is no cost to participate.
- Participants must complete the training before **September 15, 2025**.

[Click here to learn more](#) about the Lifestyle Medicine & Food as Medicine Essentials Course Bundle.

Walking Groups

Get ready to move! This April and May, the Health and Well-being team, in collaboration with our Well-being Champion network, is bringing walking groups to your worksite. Want to make a difference? Volunteer as a walking group leader and help create a community of belonging while enjoying some great perks! As a leader, you'll have the opportunity to:

- Foster a sense of connection at your worksite
- Earn chances to win exciting weekly prizes
- Boost your activity levels and reduce stress
- Receive a Healthy Emory T-shirt

Interested in leading a group? Contact us at healthyemory@emory.edu by March 1st with your availability and worksite details.

Emory Eye Center: Emory Employees: Your Eye Care, Right Here

Get your annual eye exam at the Emory Eye Center—many insurance plans cover it 100%. Need glasses? Emory employees receive a 25% discount on select eyewear at the Emory Optical Shop. Did your Emory Eye Center clinician prescribe contact lenses? Enjoy a 10% discount on most disposable lenses when purchased at your EEC clinic. Considering LASIK surgery? Emory employees and their dependents receive a 25% discount on refractive surgery at Emory Eye Center. [Access our services.](#)

Emory Resource Groups

Employee Resource Groups (ERGs) are voluntary, employee-led groups established around common interests, purpose, and/or characteristics, typically underrepresented identities and their allies.

[Click here to learn about Emory University's ERGs.](#)

[Click here to learn about Emory Healthcare's ERGs.](#)

***Social & Community
Well-being***

Events/Webinars

Well-being Expo: Attending a Well-being Expo is a great way to discover new resources, connect with subject matter experts, and find inspiration to focus on their health. At these events, Emory employees can focus on setting personal well-being goals, interact with well-being vendors, receive preventative screenings, and have chances to win giveaways and raffle prizes.

February 12: Campus Services

Location: Training Room B, 100 Water Tower Place, Atlanta, GA 30322

Expo Run Time: 1:00 - 4:00pm & 10:00pm - 12:00am

February 19: University Hospital

Location: Asbury Cafe, 1365 E Clifton Rd NE, Atlanta, GA 30322

Expo Run Time: 7:00 am - 3:00 pm

***Financial
Well-being***

Truist

We're excited to introduce Truist Momentum, Emory University's new financial confidence program available to all employees. This program offers something for everyone, no matter your financial situation. Truist Momentum helps you align your money with your values and your finances with your goals. Whether you're learning to budget, saving more, improving your credit score, planning to buy a home, or preparing for retirement, you'll have access to valuable tools and advice at no cost. Emory is proud to invest in your future by covering 100% of the program's costs.

Join the Truist Momentum Financial Confidence Series, where you will learn to align your money with your values and financial goals. Whether you're focused on budgeting, saving more, boosting your credit score, preparing to buy a home, or planning for retirement, there's something for everyone. The series runs each Thursday in February (6, 13, 20 and 27) from 12:00 - 1:00 pm. [Click here to register for the series.](#)

Resource Highlight: Mentor Emory

The Mentor Emory program provides individuals with one-to-one partnering that enhances the growth of the mentee and the mentor. No matter what your professional goals are or where you are in your career, you can benefit from this program.

***Learning & Career
Well-being***

Workshops/Webinars: Addressing Microaggressions - Feb. 18 at 2:00 pm)

This 90-minute training explores the intricacies of microaggressions, enabling employees to recognize, unpack, and address these subtle, harmful behaviors. Through real-life scenarios, interactive discussions, and activities, participants gain valuable insights into the impact of microaggressions on individuals and the workplace. Registration via Brainier is required to participate. For information on how to register, [please visit this guide.](#)

FSAP

Due to societal pressures, many people are experiencing higher levels of stress and anxiety. To help you manage these higher-than-normal stress levels, FSAP invites you to join the [FSAP Refresh video series](#).

Emotional & Mental Well-being

Well-being Check-In:

Complete a Well-being Check-In today! These are offered virtually and can help you gauge your emotional health and coping skills and identify strategies for enhancing your resilience. Benefits-eligible employees who complete a Well-being Check-In will be entered into a raffle drawing to win prizes. [Click here to learn more](#) about Well-being Check-In's and how to get started.

Workshops/Webinars

Take the Stress out of Parenting - Feb. 11 at 12:00 pm: Parents are less stressed when their kids cooperate. Children are more cooperative when they feel positively connected with their parents. This interactive workshop will help you recognize myths and misunderstandings that get in the way of creating a calm, joyful family life. We'll consider communication strategies and behaviors that strengthen the parent-child connection. You'll also gain skills in applying positive, evidence-based discipline approaches that increase cooperation and reduce conflict. You'll have a chance to ask questions and get answers on the spot. You'll also receive helpful handouts to look back on as you try out new approaches. [Click here to register](#)

Strategies to Enhance Personal and Professional Well-being - Feb. 11 at 12:00 pm: Join us for a 1-hour virtual webinar where we will explore essential components of healthy relationships and their profound impact on our overall well-being. Whether you seek to strengthen or build new relationships, this webinar will provide insights and practical strategies for cultivating and maintaining positive connections with friends, family, and colleagues. [Click here to register](#)

Fostering Self-Compassion and Self-Love - Feb. 27 at 12:00 pm: Join us for a one-hour virtual webinar designed to help you promote a positive and healthy relationship with yourself through simple but profound acts of compassion and love. Learn practical strategies for integrating these practices into your daily routine. [Click here to register](#)

Scan or click the QR code to visit
Healthy Emory Connect (Sharecare).



Emory offers various programs, resources, and services to support and promote your health-living efforts. The Healthy Emory initiative was established to improve employee health and well-being regarding physical activity and fitness, balanced nutrition, culture, community, and stress management. To request service, [click here](#).

View the Healthy Emory calendar to see upcoming classes, well-being events, resources, and more!