

# Be Your Healthiest, Best Self IN SEPTEMBER

## FOR FACULTY AND STAFF

### September Wellness Events

Get a fresh start this fall with programming from the Wellness Initiative. You'll feel better, live better, and plan better for retirement.

#### Move more

**Free fitness class sampler...no registration required!**

Wednesdays, beginning September 13

Various locations

12:15-12:45 p.m.

Join us for a variety of **free** lunchtime fitness classes, including body toning, boot camp, and yoga. Classes are first-come, first-served. Bring a mat, water bottle, and coworker.

#### Live well

**Living well with type 2 diabetes (three-part series)**

**Must register by September 18**

September 21, 26, and 28

Hall of Languages, room 500

12:15-12:45 p.m.

Do you have type 2 diabetes or help care for someone who does? Register for this three-part series to learn tips and strategies for diabetes self-management, healthy eating, and physical activity.

#### Register today

at [wellness.syr.edu/events](http://wellness.syr.edu/events). If you require accommodations, please contact us at 315.443.5472 or [wellness@syr.edu](mailto:wellness@syr.edu).

#### Stay connected

Don't miss important program updates. Just go to [wellness.syr.edu](http://wellness.syr.edu) and subscribe to our e-newsletter today!

#### Questions?

Email [wellness@syr.edu](mailto:wellness@syr.edu)  
or call **315.443.5472**.

#### Thinking about retirement planning

**All sessions are in Hall of Languages, Room 500.**

**Registration required**

##### Retirement readiness: An overview of the University's retiree benefits

September 12

Noon-1 p.m.

If you're considering retirement in the next few years, join us as we discuss the University's retiree medical and prescription drug plan, Medicare, educational benefits, and other benefits and services available to retirees.

##### Saving for your ideal retirement

September 19

Noon-1p.m.

Retirement is closer than you think! Learn how to get started with the University's retirement plans, and create an effective plan to achieve your savings goals.

##### Understanding the University's retirement plan investment options

September 25

Noon-1p.m.

Learn about the investment options within the University's retirement plan and get the tools and resources to help make your decisions.

Brought to you by the Syracuse University Wellness Initiative.

[wellness.syr.edu](http://wellness.syr.edu)

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