

**HEALTHY
BOILER**

EMPLOYEE WELL-BEING

NEWS AND UPCOMING EVENTS

Healthy Boiler Employee Well-being: Special Events for October 10–14



Mental Health Awareness Week October 10–14

Mental Health Awareness Week highlights the importance of mental health by providing resources, surveys, therapy dogs, self-care activities, and presentations for faculty, staff and currently enrolled students. We encourage you to wear green this week to show support for Mental Health.

The PFW observance kicks off today with a [Resource Fair in Alumni Plaza](#) near the Mastodon Statue from 11 a.m. to 1 p.m. and a 15-20 minute [Stomp Out the Stigma Walk](#) starting at noon. Free green Mental Health Awareness t-shirts are available at the Resource Fair—one per person while supplies last.

Other events and activities for [Mental Health Awareness Week](#) include:

- Pick up a green ribbon at the Multicultural Center to Support [World Mental Health Day](#).
- Stop by the [Being Well resource table](#) for mental health surveys and resources.
 - Check the Events Calendar for daily locations and times.
- Pet and cuddle with the [Therapy Dogs](#) to brighten your day and your mood.
 - Check the Events Calendar for daily locations and times.
- Take 10 minutes to refocus or de-stress with the live virtual Relaxation [Workshop 1](#) and [Workshop 2](#).
- Reduce stress and refocus your mind with [Yoga for Mental Health](#).
- Color, listen to calming music, or enjoy some quiet time and light refreshments in the [Relaxation Room](#).
- Discover how physical activity helps mental health at the [Brunch and Learn: Physical Activity and Mental Health](#).
- Attend the [Lunch and Learn: Effective Self Care Strategies](#) presented by the Bowen Center.
- Pot your own plant for your office and home at the [Planting Party](#) with Honey Plants.
- Snap a photo of you wearing green for the Wall of Hope located at The Multicultural Center.
 - Event occurs Monday through Friday. Learn more about this event [here](#).

Visit the [Events Calendar](#) for dates, time, location and registration deadlines if applicable for all of the events being offered for Mental Health Awareness Week.

Questions? Please email Lindsay Bloom at lbloom@pfw.edu or Eric Manor at manore@pfw.edu

On-Campus Flu Shot Clinics This Week

Super Shot will be administering flu shots to all faculty and staff—including their children age 13 and over—enrolled students, and retirees and their spouses this week. Flu shots are considered a preventive care benefit so there is no charge to benefits-eligible employees and their covered spouses and children who are on the Purdue medical plan.

Super Shot will accept Medicare and have the high-dose vaccine that is recommended for those 65 and older.

You may register for the following dates:

- [Flu Shot Clinic](#) on Tuesday, October 11
11 a.m.–2 p.m. | Walb Student Union, Room 114
- [Flu Shot Clinic](#) on Thursday, October 13
11 a.m.–2 p.m. | Student Housing

Please bring all of the required forms, insurance cards if you have health insurance, and photo ID on the day of your shot.

Questions? Email Eric Manor at manore@pfw.edu.



- [Follow these step-by-step instructions.](#)
- [Reserve an appointment online](#) through the Super Shot scheduling system.
- Forms, insurance, and day of shot [guidelines are available here.](#)

Healthy Boiler Lab Day at the Campus Health Clinic

HB Employee Well-being will partner with the Campus Health Clinic, operated by the Lutheran Health Network, to provide exclusive on-site labs for Step One of the [Healthy Boiler Program](#) to earn financial incentives while taking care of their health.

The [Healthy Boiler Lab Day](#) gives benefits-eligible employees and their covered spouses on the Purdue health plan the opportunity to take advantage of the convenient on-site location in order to complete the required cholesterol and A1C blood health screenings.



Please call the Campus Health Clinic at **260-481-5748** to schedule your lab work. The clinic will schedule lab appointments between 7:30 and 10 a.m. on Thursday, October 13 in Walb Union, Room 234. A 10-12 hour fast is required.

Once the labs are done, you may complete the rest of Step One by following the easy step-by-step guidelines found on the HB Employee Well-being [web site](#).

If you or your covered spouse has not signed up to participate in the [Healthy Boiler Program](#), there's still time to sign up and begin earning the incentives. Visit the Healthy Boiler [portal](#) and create your account.

Questions about the Healthy Boiler Program? Please email Lindsay Bloom at lbloom@pfw.edu.



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