Wellbeing Services for UCI Employees
Offered through the Susan Samueli Integrative Health Institute

During these challenging times, we recognize that your health and wellbeing is important and vital to the UCI community, as well as the patients and families you serve. The Susan Samueli Integrative Health Institute (SSIHI) is launching a wellbeing initiative to provide support services for our extraordinary caregivers and co-workers.

- Mindfulness & Meditation
- Guided Acupressure (no contact)
- Guided Yoga/Massage (no contact)
- Yoga for Wellbeing
- Nutrition

Please see below the weekly schedule of offerings. Go to the below link to request an appointment: https://docs.google.com/forms/d/e/1FAIpQLSefsVdBLX1JNLDCsBwaTw6xrWhhlAijkfH5gGFH7y7yY-BA/viewform?usp=sf_link

If you have questions please email Dina Pagano at dpagano@hs.uci.edu.
Livestream Mindful Meditations - VIA ZOOM
Join in community for 25-minute meditation sessions. Drop in once, multiple times, or every weekday!

Register here: https://docs.google.com/forms/d/e/1FAIpQLSesXo1_NK1vTokWs4Mib-bGDzZCCykwI0UsT1txN9vet8wu9g/viewform

Day                  Time
Mondays             12 pm – 12:25 pm
Tuesdays            5 pm – 5:25 pm
Wednesdays          12 pm – 12:25 pm
Thursdays           5 pm – 5:25 pm
Fridays             12 pm – 12:25 pm

1:1 Mindful Meditation Appointment - VIA ZOOM
A 30-minute mindful meditation consultation with a certified mindfulness instructor who will take into consideration your experience with mindfulness as well as your goals and intentions with meditation.

Day                  Time
Monday              12:30 pm – 1:00 pm
Tuesday             6:00 pm – 6:30 pm
Wednesday           11:30 am – 12:00 pm

1:1 Guided Acupressure - VIA ZOOM
During this 30-minute session, a licensed acupuncturist will provide guided acupressure techniques that address anxiety, stress, grief, pain, fatigue, and immune support.

Day                  Time
Mondays             1:00 pm - 4:30 pm

1:1 Yoga/Massage – VIA ZOOM
This 30-minute session is designed to help the participant obtain relief to areas on the body that are causing discomfort through the practice of guided stretch and massage.

Day                  Time
Tuesdays            2:00 – 2:30 and 2:30-3:00 PM
Thursdays           6:15 – 6:45 and 6:45-7:15 PM

1:1 Healthy Nutrition in Times of Stress – VIA ZOOM
During this 30-minute session, a Registered Dietitian will discuss practical methods on how to maintain a healthy eating pattern during times of stress, anxiety, and fatigue.

Day                  Time
Tuesdays            2:00 pm – 4:00 pm
• **Yoga for Wellbeing VIA ZOOM**
A group yoga class that is appropriate for participants of all levels and backgrounds. This 1 hour class provides in depth explanations of foundational Yoga postures, focusing on alignment, the importance of breath and calming the mind. This class will help you to connect to your body, reduce stress and improve focus on and off the mat, while building strength, improving balance and increasing flexibility.

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