



Wellness 360 Symposium Program Guide for Participants 2024

Wellness 360 registration counts toward the Director's Wellness Trophy Competition



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Schedule of Events

To register for Wellness 360 event sessions please visit:

[2024 Wellness 360 Symposium \(dfas.mil\)](https://dfas.mil)

Please Note: Participants will be sent MS Teams links for registered sessions via email

Tuesday, October 15, 2024

10:25am-10:45am EST	Impact Corner: An intentional space for connection and reflection (Occupational)
11:00am-11:45am EST	Easy Eats: The Flexitarian Diet (Physical & Intellectual)
12:00pm-12:30pm EST	On Demand: Deskside Stretch Break (Physical)
12:00pm-12:30pm EST	LIVE: Whole Body Stretch Break (Physical)
12:45pm-1:45pm EST	The Money Playbook: Money Management (Occupational & Intellectual)

Wednesday, October 16, 2024

10:25am-10:45am EST	Impact Corner: An intentional space for connection and reflection (Physical)
11:00am-11:45am EST	Easy Eats: The Mediterranean Diet (Physical & Intellectual)
12:00pm-12:30pm EST	On Demand: Gratitude Meditation (Emotional & Spiritual)
12:00pm-12:30pm EST	LIVE: Yoga with Angela – (Physical)
12:45pm-1:45pm EST	Self-Care with Purpose: Creating Intentional Wellness Habits – (All Dimensions)

Thursday, October 17, 2024

10:25am-10:45am EST	Impact Corner: An intentional space for connection and reflection (Intellectual)
11:00am-11:45am EST	Easy Eats: The Volumetrics Diet (Physical & Intellectual)
12:00pm-12:30pm EST	On Demand: Cardio Core (Physical)
12:00pm-12:30pm EST	LIVE: Office Stretch Break (Physical)
12:45pm-1:45pm EST	Goal Getters: Mentoring & Goal Setting for Success (All Dimensions)

Friday, October 18, 2024

10:25am-10:45am EST	Impact Corner: An intentional space for connection and reflection (Emotional & Spiritual)
11:00am-11:45am EST	Easy Eats: The D.A.S.H. Diet (Physical & Intellectual)
12:00pm-12:30pm EST	On Demand: – Stretch Break Standing Stretches (Physical)
12:00pm-12:30pm EST	LIVE: Meditation Friday- Beginner: The Heart (Emotional & Spiritual)
12:45pm-1:45pm EST	Healthy Happy Hour (Social)

**A description of each class can be found on page 4.*

Register at:

[2024 Wellness 360 Symposium \(dfas.mil\)](https://dfas.mil)

Participants will be sent MS Teams meeting links for each of their registered sessions via daily Wellness 360 Symposium email.

We look forward to seeing you at the 2024 DFAS Wellness 360 Symposium!

**Live events are available daily from 10:45 a.m to 1:45 p.m. Eastern Standard Time via Microsoft Teams. *NOTE* This is an externally generated meeting link hosted by Millennium Health and Fitness. Millennium asks that attendees ID themselves in their meeting profile to ensure easy access.*

Class Descriptions

Tuesday, October 15, 2024:

Impact Corner: An Intentional Space for Connection and Reflection – OCCUPATIONAL Wellness

Dive into a fun and interactive session where your thoughts meet the page and your words spark connections! Join us for a creative journaling workshop designed to inspire self-reflection and foster meaningful connections. Whether you're a seasoned writer or just starting, this session offers a welcoming space to explore your inner world and share your insights with others. Through guided prompts and group discussions, you'll discover how journaling can be a powerful tool for personal growth, a mindful practice for a busy life, and an avenue to building lasting relationships. Come ready to write (or doodle), reflect, and/or connect—because every story shared is a bridge to understanding.

Easy Eats: The Flexitarian Diet

Join registered dietitian Kathy Berger for an insightful exploration into the Flexitarian Diet—a flexible approach to healthy eating emphasizing plant-based foods while allowing for occasional meat consumption. This lifestyle was ranked #1 as the easiest program to follow and 1st for family-friendly options. Discover its benefits, practical strategies, and how to incorporate more plant-based options into your diet without sacrificing taste or nutrition.

On Demand: Stretch Break – Deskside Stretch

This workplace stretch is the perfect refresher! Help relieve the discomfort and musculoskeletal issues associated with sitting at a desk for prolonged periods. Relieve neck and shoulder pain, low back pain, carpal tunnel discomfort, upper body tightness, and hip flexor tightness by joining Roxie Hinton for a targeted workplace stretch!

LIVE Stretch Break: Whole Body Stretch

Physiologically, the demands of desk work can strain muscles, potentially leading to significant long-term issues such as neck and shoulder pain, stress, lower back pain, and carpal tunnel syndrome. Incorporating stretch breaks into your workday significantly reduces the risk

of soft tissue injuries and joint pain. These breaks also enhance flexibility, relieving muscle tension and leaving you feeling invigorated.

Join Ms. Carol Talley for an online stretch session – a thirty-minute opportunity for desk stretches and a soothing breathing exercise. This session aims to refresh, enhance flexibility, and improve posture, resulting in increased productivity and reduced back pain.

The Money Playbook: Money Management

Join Financial Advisor, Mr. Bob Berger, for a session on Financial Wellness that will equip you with practical financial planning tips and essential financial literacy. Learn how small, daily habits can significantly impact your financial future and help you build generational wealth for your family. This session will cover budgeting, saving, smart investing, and legacy planning, providing you with the knowledge and tools to secure long-term prosperity for generations to come.

Wednesday, October 16, 2024:

Impact Corner: An Intentional Space for Connection and Reflection – PHYSICAL Wellness

Dive into a fun and interactive session where your thoughts meet the page and your words spark connections! Join us for a creative journaling workshop designed to inspire self-reflection and foster meaningful connections. Whether you're a seasoned writer or just starting, this session offers a welcoming space to explore your inner world and share your insights with others. Through guided prompts and group discussions, you'll discover how journaling can be a powerful tool for personal growth, a mindful practice for a busy life, and an avenue to building lasting relationships. Come ready to write (or doodle), reflect, and/or connect—because every story shared is a bridge to understanding.

Easy Eats: The Mediterranean Diet

The Mediterranean diet, rich in fruits, vegetables, whole grains, and healthy fats like olive oil, is known for promoting heart health and reducing the risk of chronic diseases. Additionally, the Mediterranean Diet is ranked #1 in 2024 as best overall diet AND #1 best diet for healthy eating. With its focus on balanced, nutrient-dense food choices, it is also the most commonly associated diet of the famous Blue Zones lifestyle. Spend some time exploring the overall guidelines and many benefits of the Mediterranean Diet with Registered Dietitian, Kathryn Berger.

On Demand: Meditation Wednesday – Intention

In this meditation session, participants will be guided through a calming and grounding experience through a focus on the role intention can play as a valuable tool for lifelong resilience. One method of setting an intention asks, “How am I right now?” and then addresses, “How do I want to feel?” So, if you're kind of jangly, you might set an intention of calm. Another method asks, “What do I highly value?” and then states that value as if it were already

present. For instance, I value integrity might become the intention “Integrity is here,” or, a bit on the esoteric side, “I am integrity itself.” Intention setting helps you live an even more meaningful and purposeful life than you already have ... another tool for resilience!

LIVE Fitness Class: Yoga

Join yoga instructor Angela Carlon for a yoga class to awaken and inspire all levels of practice! This welcoming session introduces you to the basics of yoga, focusing on balance, flexibility, and strength. Guided by a skilled instructor, you'll learn simple poses and breathwork techniques that connect body and mind. Whether you're new to yoga or looking to deepen your practice, this class offers a supportive environment to help you feel refreshed and rejuvenated.

Self-Care with Purpose: Creating Intentional Wellness Habits

Join Health Promotion Coordinator and Certified Health Education Specialist (CHES), Sierra Rankin, for an engaging and insightful presentation where she'll explore practical strategies to incorporate self-care into your hectic daily routine. Discover simple yet effective techniques to nurture your mental, emotional, and physical health, even when time is tight. This session will empower you to prioritize your well-being, reduce stress, and create a balanced lifestyle that supports your overall happiness and productivity. Don't miss this opportunity to invest in yourself!

Thursday, October 17, 2024:

Impact Corner: An Intentional Space for Connection and Reflection – INTELLECTUAL Wellness

Dive into a fun and interactive session where your thoughts meet the page and your words spark connections! Join us for a creative journaling workshop designed to inspire self-reflection and foster meaningful connections. Whether you're a seasoned writer or just starting, this session offers a welcoming space to explore your inner world and share your insights with others. Through guided prompts and group discussions, you'll discover how journaling can be a powerful tool for personal growth, a mindful practice for a busy life, and an avenue to building lasting relationships. Come ready to write (or doodle), reflect, and/or connect—because every story shared is a bridge to understanding.

Easy Eats: The Volumetrics Diet

Join Kathryn Berger, RD as she offers a comprehensive look into the Volumetrics diet that scored #6 in overall best diets in 2024 with its practical focus on feeling full while consuming fewer calories. The audience will learn about the four groups of food categorized by their caloric density and nutrient profile. Kathryn will dive deep into practical strategies for incorporating these foods into everyday meals to make sustainable changes for improved health and weight management.

On Demand: Cardio Core

This class will give you what you are looking for out of your workout! This class is a nonstop cardiovascular workout with a focus on core training. Focus is on core strength and endurance in a cardio format for a full core workout.

LIVE Stretch Break: Office Stretches

Working at a desk, office or at home, your muscles can become tired, stiff, and sore at the end of the day. Daily wear and tear combined with back, neck, and shoulder pain can significantly decrease productivity and maybe even job satisfaction.

Fortunately, one of the simplest, quickest ways to avoid pain and stiffness from a long day at work is to take a break during the day to stretch. Stretching can be a beneficial habit to add to your daily routine and can reduce the risk of soft tissue injuries, increase your energy levels, and even improve your body's range of motion. Join us for an online stretch session. This thirty-minute session includes desk stretches and a breathing exercise. Refresh, improve flexibility and posture!

Goal Getters: Mentoring and Goal Setting for Success

Join Health and Wellness Coaches Laurel Schaefer and Sean Venckus for a powerful presentation on harvesting your true potential through effective goal setting and mentoring. Learn how to set SMART goals, leverage mentoring and coaching for support and accountability to take actionable steps to reach your goals and aspirations. The session includes a fun and creative goal-setting exercise, a personal planning journal, and practical tips and tricks to help you begin your journey to YOU 2.0.

Friday, October 18, 2024:

Impact Corner: An Intentional Space for Connection and Reflection – EMOTIONAL & SPIRITUAL Wellness

Dive into a fun and interactive session where your thoughts meet the page and your words spark connections! Join us for a creative journaling workshop designed to inspire self-reflection and foster meaningful connections. Whether you're a seasoned writer or just starting, this session offers a welcoming space to explore your inner world and share your insights with others. Through guided prompts and group discussions, you'll discover how journaling can be a powerful tool for personal growth, a mindful practice for a busy life, and an avenue to building lasting relationships. Come ready to write (or doodle), reflect, and/or connect—because every story shared is a bridge to understanding. **Shayla Jones, Employee Assistance Program (EAP) Administrator will be available during this session to answer questions you have about your EAP benefits.**

Easy Eats: The D.A.S.H Diet for Heart Health

The D.A.S.H. eating plan (Dietary Approaches to Stop Hypertension) is the #1 nutrition plan in 2024 for heart health. This diet, emphasizing fruits, vegetables, whole grains, and low-fat

dairy, is specifically designed to lower blood pressure and reduce the risk of heart disease. It also promotes overall health by limiting sodium, unhealthy fats, and added sugars, supporting weight management, and reducing the risk of chronic conditions. Join Registered Dietitian, Kathryn Berger, to take a deeper dive into the D.A.S.H. lifestyle and its many benefits.

On Demand: Stretch Break – Standing Stretch

This standing stretch class focuses on gentle, full-body stretches performed while upright on the feet. Participants can expect to improve flexibility, balance, and posture through slow, controlled movements that target key muscle groups. This class is suitable for all fitness levels, offering a low-impact way to relieve tension, enhance mobility, and promote relaxation without needing a mat or floor exercises.

LIVE Meditation Friday: (Beginner) The Heart – Sovereignty

In this beginner-friendly meditation, we are looking at the energy center located in the Heart. Today, in this 7-center system, we connect with the Heart Center, recognizing the Power of Sovereignty. Here, we can begin to feel into sovereignty as an aspect of Essence Nature. Sovereignty over our own lives stands in stark contrast to victimhood. The good news is, Sovereignty, as an aspect of Pure Awareness, already resides in you! AND ... you can invoke this Power. When you do, you may increase your ability to triumph over seeing yourself as a victim. Who knows? You might even meet the sovereign YOU!

Healthy Happy Hour

Join us for a 60-minute healthy, happy hour! We will take you through a few fun-filled rounds of BINGO, and end with a live demonstration on how to make two healthy and delicious mocktails! If you plan on making a healthy drink with us, the recipes will be sent to you after registering for the event. Bingo pre-registration information will be provided to those registered for Wellness 360. Bingo cards will be provided to participants that pre-register for the Healthy Happy Hour session.

Additional Resources

(In addition to the information below, helpful resource links tailored to each presentation and associated dimension of wellness will be included in the Wellness 360 participation emails.)

Healthy Happy Hour Recipes:

- [Sparkling Ginger-Pear Mocktail](#)
- [Sparkling Cherry Mocktail](#)



Sparkling Ginger-Pear
Mocktail



Sparkling Cherry Mocktail

Explore More...

[Millennium Health and Fitness DFAS Virtual Programming Portal](#)

30 Days of Gratitude: Learn more about the annual DFAS 30 Days of Gratitude Challenge and sign up for the 2024 challenge kicking off in November. Registration will run from October 21st – October 31st, 2024.

DFAS On Demand Fitness Library: Find the online On Demand fitness library where you can access a plethora of fitness classes whenever you please!

Grub Club: The Grub Club is a quarterly healthy cooking demonstration by Registered Dietitian Alexia Lewis. In this room, you will find access to previously recorded episodes, as well as information on our next event!

Meet the Team

DFAS Wellness Program Manager, Wellness 360 Symposium Creator

Shayla Jones, PHR, M.S.

Shayla Jones currently serves as the DFAS Work Life Program Manager. In her role she manages the Workplace Wellness, Telework/Remote Work, and Employee Assistance programs. Ms. Jones is a certified professional (PHR) in Human Resources (HR) with over 15 years of HR experience. She has a Bachelor's degree in Sociology and a Master's Degree in Leadership. Ms. Jones has successfully completed the Worksite Wellness Program Manager Certificate Course awarded by the prestigious National Wellness Institute (NWI). Ms. Jones has a passion for encouraging employees to be their best selves at work by engaging in intentional health practices that benefit all dimensions of their well-being.



Easy Eats

Kathryn Berger, MS, RD

As a Registered Dietitian, Kathryn Berger has spent over 40 years assisting individuals with improving their health and wellness through developing healthier eating habits. Over her extensive career, she has worked in Hospitals, Colleges, Retirement Communities, Nursing and Group Homes, WIC programs, and as a consultant. Currently, she fills several roles as a Registered Dietitian. She conducts individual consultations at the Federal Executive Institute in Charlottesville Virginia. She teaches nutrition-related classes (DASH diet, Cardiac and Pulmonary Rehab nutrition) at a community hospital, as well as Coordinating the Hospital's Diabetes Prevention Lifestyle Program.

She particularly enjoys helping her clients find healthy strategies that will work practically for them in their everyday lives. She does this by sharing creative tips and tricks for eating healthy even when time or other resources are limited. Kathryn also brings her love of cooking and baking to her work by teaching others how to adjust recipes to make food that is tasty as well as healthy.

Impact Corner & Goal Getters

Laurel Schaefer, HWC, RYT

Laurel is the lead Health Promotion Coordinator for DFAS. She is a graduate of the Exercise Science and Kinesiology program at Shepherd University. She has spent the past 17 years supporting those who want to adopt a healthier lifestyle through nutrition and exercise. She brings a holistic, inclusive approach to wellness, combining her passion for fitness, advocacy for accessible mental health programs and practices, and zeal for lifelong learning. She brings her skill set to DFAS with the mission to enhance opportunities and create more avenues for wellness in the workplace. In this spirit, Laurel also provides health and wellness coaching for DFAS employees under the DFAS Wellness Program as a certified HWCA Health and Wellness Coach. She also holds multiple fitness instruction certifications and is a Registered Yoga Instructor, Meditation facilitator, and Human Kinetics Athletic Coach.



In her spare time, she returns to her other passion, the arts. In addition to being a multi-medium artist, she enjoys teaching art and design to students of all ages. Laurel lives in Maryland with her husband, Eric, and two dogs Julep and Delta.



Money Playbook

Bob Berger

Robert Berger has been a Financial Advisor since 1986 in Indianapolis, Indiana. Bob works with Benefit Planning, Inc., which specializes in financial, retirement, and estate planning for Federal Government Employees. He has presented his retirement workshops across the country and works with clients in Indiana, Illinois, Ohio, Michigan, Tennessee, Florida, Virginia, and New Mexico. Since joining Benefit Planning, Inc., in 2005, as a Federal Government Employee specialist, Bob has been a speaker and presenter

for many Federal Agencies and Associations across the United States including; the US Marshals, DEA, US Secret Service, FBI, ATF, FDA, EEOC, USDA, Social Security Administration, Mine Safety and Health Administration, Department of Homeland Security, Department of Transportation, US Customs and Border Protection, Federal Women's Program, US Bankruptcy Court, FEA, NAPS, the US Attorneys, CSSMA and National Labor Relations Board.

Bob and his wife Cathy are the proud parents of three daughters. As a lifetime resident of Indianapolis, he is an avid Colts fan. He is a leader in his church's adult ministries, leads a monthly book club, and enjoys the outdoors either cycling or hiking.

Self-Care with Purpose: Creating Intentional Wellness Habits

Sierra Rankin, MS, CHES

Sierra Rankin understands that health is not just physical, it is rather composed of several factors including social, financial, and mental health. Sierra's great passion is working in health education and healthcare field where she brings 11+ years of experience. Sierra has had great success with health education forging and growing several dynamic programs with partners across the campus while on the staff at The University of Cincinnati, where Sierra happens to be a proud three-time alumna completing a professional certification in Substance Abuse Prevention, her bachelor's and Master's in Health Education, Public and Community Health. She is also a Certified Health Education Specialist (CHES), and Adult Mental Health First Aid, Question, Persuade, Refer (QPR) Mental Health Gatekeeping. Implementing and managing health education strategies, interventions, and programs that can serve to help support individuals as they work to create and maintain a healthy lifestyle is what Sierra is more-than-ready, willing, and able to do.



Sierra is from Cincinnati, OH, and is the proud mother of two young sons.



Goal Getters & Healthy Happy Hour

Sean Venckus, MS, CSCS, TSAC-F

Sean is a United States Army Veteran with over a decade of leadership experience in sports medicine as well as strength and conditioning. He has a Bachelor of Science degree from George Mason University in Athletic Training as well as a Master of Science degree from Concordia University Chicago in Strength and Conditioning. Sean spent 8 years as an Athletic Trainer for the University of Alabama Huntsville Hockey and Baseball teams prior to joining Millennium. Sean has spent the last three years as the Wellness/Fitness Coordinator for the Von Braun Fitness Center (VBFC) supporting the Missile Defense Agency (MDA) in Huntsville

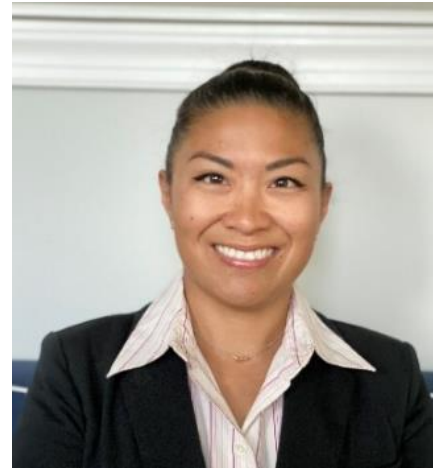
Alabama. While supporting the daily needs of the VBFC, Sean has also worked strategically with the Millennium management team to create agency-specific programming to better support MDA's wellness vision. He was also instrumental in guiding the agency into a new digital era of member support and tracking.

Sean has been married to his wonderful wife Katie for 13 years and has a son Ryan (7) and a daughter Avery (4). When not at the gym, Sean can be found at the golf course, fishing pond, or his backyard grill.

Healthy Happy Hour

Melita Jovel, MS, NASM-CPT/FNS

As a NASM Certified Personal Trainer, NASM Fitness Nutrition Specialist, Cooper Trained Health Coach, and AFAA group exercise instructor, Melita Jovel originally started at MHF as a Specialty Class Instructor, eventually coming on board full-time as a Wellness Fitness Specialist. She then went on to work as a Health Promotion Coordinator under the VA WIN program, managing health promotion programs at several VA sites around the Washington, DC Metropolitan area. She eventually found her way back to working closely with fitness centers again as an Operations Manager overseeing 15 government sites nationwide. Melita continues to enjoy working in the wellness space, helping others to advance knowledge on how to improve their own health and fitness.



Melita lives in Florida with her husband David, their son Mathias, and two French Bulldogs, Pua and Beans.

The Six Dimensions of Wellness Model

Developed by Dr. Bill Hettler, co-founder of the National Wellness Institute (NWI), this interdependent model, commonly referred to as the Six Dimensions of Wellness, provides the categories from which NWI derives its resources and services.

OCCUPATIONAL The occupational dimension recognizes personal satisfaction and enrichment in one's life through work.



Occupational wellness follows these tenets:

- It is better to choose a career which is consistent with our personal values, interests, and beliefs than to select one that is unrewarding to us.
- It is better to develop functional, transferable skills through structured involvement opportunities than to remain inactive and uninvolved.

PHYSICAL The physical dimension recognizes the need for regular physical activity. Physical development

encourages learning about diet and nutrition while discouraging the use of tobacco, drugs, and excessive alcohol consumption.

Physical wellness follows these tenets:

- It is better to consume foods and beverages that enhance good health rather than those which impair it.
- It is better to be physically fit than out of shape.

SOCIAL The social dimension encourages contributing to one's environment and community. It emphasizes the interdependence between others and nature.

Social wellness follows these tenets:

- It is better to contribute to the common welfare of our community than to think only of ourselves.
- It is better to live in harmony with others and our environment than to live in conflict with them.

INTELLECTUAL The intellectual dimension recognizes one's creative, stimulating mental activities. A well person expands his or her knowledge and skills while discovering the potential for sharing his or her gifts with others.

Intellectual wellness follows these tenets:

- It is better to stretch and challenge our minds with intellectual and creative pursuits than to become self-satisfied and unproductive.
- It is better to identify potential problems and choose appropriate courses of action based on available information than to wait, worry, and contend with major concerns later.

SPIRITUAL The spiritual dimension recognizes our search for meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe.

Spiritual wellness follows these tenets:

- It is better to ponder the meaning of life for ourselves and to be tolerant of the beliefs of others than to close our minds and become intolerant.
- It is better to live each day in a way that is consistent with our values and beliefs than to do otherwise and feel untrue to ourselves.

EMOTIONAL The emotional dimension recognizes awareness and acceptance of one's feelings. Emotional wellness includes the degree to which one feels positive and enthusiastic about one's self and life.

Emotional wellness follows these tenets:

- It is better to be aware of and accept our feelings than to deny them.
- It is better to be optimistic in our approach to life than pessimistic.