



# Live Well Furman

## Employee Wellness News

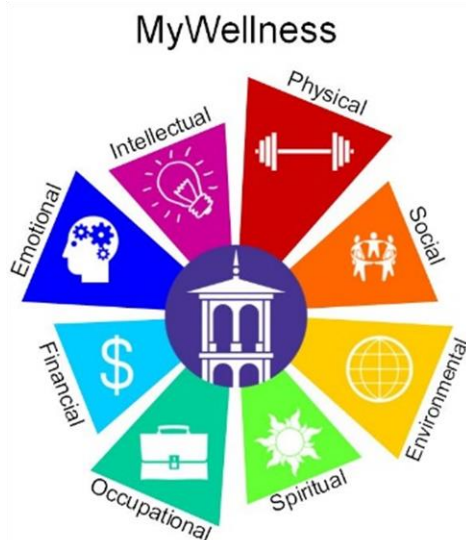
Fall 2021

### Living a Balanced Life

Furman University is committed to supporting employees in multiple dimensions of wellness—physical, social, environmental, spiritual, occupational, financial, emotional, and intellectual. This issue of the Furman Employee Wellness Newsletter details a wide variety of campus programming and resources that are designed for Furman faculty, staff, and dependents.

If you have any questions, suggestions, or feedback about Furman Employee Wellness, please email [EmployeeWellness@furman.edu](mailto:EmployeeWellness@furman.edu).

Be sure to join the Furman Employee Wellness Facebook page and visit the Live Well Furman Blog ([blogs.furman.edu/wellness](https://blogs.furman.edu/wellness)) for the latest campus offerings and news.



### FIT Rx: Free Individualized Exercise Training



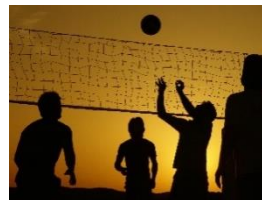
Each fall and spring, Furman Health Sciences majors are available to provide Furman employees with free individualized exercise assessments, exercise training, and health coaching. For more information or to apply, please contact Kelly Frazier (Health Sciences) at [Kelly.frazier@furman.edu](mailto:Kelly.frazier@furman.edu).

### Recreational Basketball



Pick-up recreational basketball is offered in the PAC Gym every Monday/ Wednesday/ Friday from 12:30- 2 p.m. Those interested in participating should bring a white and dark colored shirt. For more information, contact Jason Cassidy at [jason.cassidy@furman.edu](mailto:jason.cassidy@furman.edu).

### Recreational Volleyball



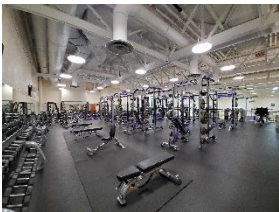
Pick-up recreational volleyball is offered in the PAC Gym every Thursday from 12:30 - 2 p.m. For more information, contact Kelly Frazier (Health Sciences) at [kelly.frazier@furman.edu](mailto:kelly.frazier@furman.edu).

## Employee Group Exercise Classes



Employees are invited to participate in group exercise classes in the PAC dance studio at no cost. Body Fit Weight Training is offered on Tuesdays and Thursdays from 12:30-1:15 pm. Yoga is offered on select Fridays from 12:30- 1:15 pm. Beginners are welcome. For more information, contact Kelly Frazier (Health Sciences) at [kelly.frazier@furman.edu](mailto:kelly.frazier@furman.edu).

## Furman Fitness Center



The 6,000 square foot Furman Fitness Center offers over 70 pieces of cardiovascular equipment along with selectorized weight equipment, free weights, 8 new half racks and a wide variety of accessory equipment. Masks are currently required from 7-4 pm Monday- Friday.

### Fall 2021 PAC Hours

Monday- Thursday 7 am- 10 pm  
Friday 7 am- 8 pm  
Saturday 8 am- 3 pm (8-12 on home football games)  
Sunday 10 am- 7 pm

## Furman Fitness Center Pool

The six-lane, heated indoor pool is available for lap swimming or aquatic exercise. Feel free to use the kickboards, pull buoys, and aqua jogger belts to enhance your workout. Please visit [the Fitness Center website](#) for a complete set of hours for the lap and therapy pools.

### Selected Fall 2021 Pool Hours

Mon/Wed/ Fri 7-9 am, 11:30-1:30 pm, 5-7 pm  
Tues/Thurs 7-9 am, 5-7 pm

## Furman Corporate Shield Team for Runners and Walkers



The Greenville Track Club Corporate Shield program was established in 1979 to promote running and competition for companies, civic organizations and educational institutions in upstate South Carolina. Current events such as 2 mile runs or 5K

races are listed at:

<http://www.greenvilletrackclub.com/corporate-shield.html>.

## 7 Seater Conference Bicycle



Need a fresh space for your next group meeting on campus? Consider reserving the 7-Seater Conference Bicycle. For more information, contact Laura Bain (Shi Center for Sustainability) at [laura.bain@furman.edu](mailto:laura.bain@furman.edu) or complete this online form:

[https://furman.az1.qualtrics.com/jfe/form/SV\\_6znjs0ST92G9OSx](https://furman.az1.qualtrics.com/jfe/form/SV_6znjs0ST92G9OSx).

## Prisma Mobile Mammograms



The Prisma Health Mobile Mammography Unit will be on campus on Wednesday, October 6 and Thursday, October 7.

State-of-the-art digital mammography services are provided in Prisma Health's 42-foot RV. All faculty and staff and spouses/domestic partners are able to participate. Appointments should be scheduled by September 30. For more information, including eligibility guidelines, please see the HR update or contact Human Resources.

## TAO Online Mental Wellness Platform



Through the Furman Counseling Center, Furman provides an online, interactive, self-help site to assist employees with mental

health concerns such as stress, negative thoughts, anxiety, and depression. Sign up for a free account by using your Furman email address at:

<https://us.taoconnect.org/login>.

## KORU Mindfulness Workshop



Dr. Min-Ken Liao (Biology) and Dr. Meghan Slining (Public Health) invite employees to participate in a free four-

week Koru course on mindfulness and meditation. The course explores different mindfulness techniques, personal practice experiences, and how to enjoy mindful presence. The next session will be held on Thursdays from September 23- October 14 from 5:15- 6:30 pm on Zoom. Register at: [https://student.korumindfulness.org/course-detail.html?course\\_id=5399](https://student.korumindfulness.org/course-detail.html?course_id=5399)

## Chapel Worship



The Office of Spiritual Life encourages mature faith formation and the pursuit of meaning through spiritual

reflection and free inquiry. There are numerous opportunities to participate in spiritual life at Furman, such as worship services, lectures, and special celebrations.

For more information about upcoming events or to explore off-campus places of worship, visit the Office of Chaplaincy website at <https://www.furman.edu/spiritual-life/>

## Chaplain Guidance

The Furman University Office of Chaplaincy is available to provide pastoral care, guidance for spiritual exploration, and grief support. Maybe you have grown up in a particular faith but have always been curious about another, or maybe you didn't grow up in a particular faith tradition and want to know how to start the conversation. Whatever your faith questions might be, the chaplains are glad to ask them with you.

For more information, visit the Office of Chaplaincy website <https://www.furman.edu/spiritual-life/chaplains/>

## Labyrinth, University Chapel

On the lawn outside of the Chapel, you will find what looks like a maze of bricks buried in the grass and surrounded by waist-high bushes. The space is the Chapel's labyrinth, a meditative tool that allows a person to focus their thoughts. There is no wrong way to use the labyrinth. You'll find people walking it, running it, sitting at certain spots, meditating, praying, and seeking guidance. It is a private, safe space that is open all day, every day.

## Financial Wellness Seminars

Furman offers free financial wellness seminars throughout the year.

Seminar topics include:

- Budgeting to make better financial decisions
- Managing debt
- Safeguarding credit
- Understanding how to manage financial risk planning for retirement
- Living on a retirement income.

More information will be distributed via the Office of Human Resources



## Employee Assistance Program (EAP)

Furman provides a free Health Advocate EAP and Work/Life program to assist employees and family members 24 hours a day, 7 days a week.

The EAP provides confidential access to a Licensed Professional Counselor who can provide up to 6 free sessions with issues such as:

- Anger, grief, loss, depression
- Job stress, burnout, work conflicts
- Marital relationships, family/ parenting issues
- Addiction, eating disorders, mental illness

A Work/Life Specialist is available to connect employees with resources such as:

- Childcare centers, babysitter tips, preschools
- Assisted living, nursing homes, adult day care services
- Personal/ family/ elder law, identity theft
- Financial consultants for debt management, budgeting, credit card issues

For more information call Health Advocate at (866) 799-2485 or [download the EAP PDF](#).

## Health Risk Assessments and Biometrics Screening

All employees and spouses/ partners are invited to participate in Furman's Health Risk Assessment and Biometrics. Assessments include hemoglobin A1c, lipid panel, blood pressure, blood glucose, and body composition. Flu shots are also available during the screening. For more information, please contact Human Resources (864) 294-2217.

## Employee Onsite Clinic



The Employee Onsite Clinic, operated by Prisma, is available for all employees and spouses.\* Schedule an appointment through MyChart or by calling (864) 455-2455.

### Hours:

Tuesdays 8:30 a.m.- 12:30 p.m.

Thursdays 12:30- 4:30 p.m.

\*Due to IRS regulations, employees enrolled in Furman's High Deductible Health Plan will be charged a small fee to use the clinic.

## Clifton Strengths Finder

Furman's Shucker Center for Leadership Development offers Strengths Development workshops for individuals and groups. Courses are led by Gallup Certified Strengths Discovery Course Leader and Coach Kim Keefer.

For more information, please contact Kim Keefer at [kim.keefer@furman.edu](mailto:kim.keefer@furman.edu).

## Vocational Reflection

The Cothran Center for Vocational Reflection offers seminars, special events, and faculty/ staff dinners to cultivate a climate of vocational interest and reflection. For more information, please visit the Center for Vocational Reflection website or email Rolyn Rollins at [Rolyn.rollins@furman.edu](mailto:Rolyn.rollins@furman.edu).