

Spring 2023 Faculty In-Service - Anderson University
Friday, Jan 6th, 8:15-1:00

Faculty Health and Well-being

Attire for the day will be casual. Dress for comfort, mobility and potential outdoor activities.

8:15 **Coffee and Refreshments Available - Student Center Lobby**

8:30 **Session 1: Welcome, Introductions and Policy Updates - Student Center Theatre**
Zoom: <https://andersonuniversity.zoom.us/j/93856666786>

Welcome

Explanation of Day's Activities

Dr. Drew Stowe, Assistant Professor of English; Director of the Writing & Multimedia Center; Faculty Development Committee Chairperson

Opening Prayer

Introduction to Mindfulness / Guided Meditation

Dr. Heather Kindel, Assistant Professor of Physical Therapy

Administrative Updates

Introduction of New Faculty

Dr. Ryan Neal, Provost; College and School Deans

Policy/Process Updates and Reminders

Dr. Ryan Neal, Provost

Prof. Nathan Cox, Assistant Provost

AU Health and Wellness Opportunities for Faculty and Staff

AU Wellness Program benefits

Amy Porpilia, Director of Human Resources

Employee Assistance Program benefits

Amy Porpilia, Director of Human Resources

Dr. Jason Neill, Associate Professor of Psychology

Campus Fitness Intramurals and Fitness Classes opportunities

Jordan Painter, Director of Campus Recreation and Fitness

9:30 **Coffee Break - Student Center Lobby / Transition to Workshop Locations**

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9:45-10:30 **Session 2: Wellness Activity Workshops** (Sign up for sessions [here.](#))

1. **Intro to Yoga Class** **SC 307 (Fitness Center)**
Megan Schlobohm, Anderson Yoga Center
(Yoga mats provided, or bring your own.)

2. **Wilderness Therapy** **Rocky River Nature Preserve**
Dr. Rocky Nation, Associate Professor of Biology
(The session will cover both session time blocks. Trojan Transit will pick up from the Sullivan Hall at 9:45 and return participants to campus at 11:30)

3. **Introductory Martial Arts for Self Defense** **Merritt Theater Stage**
Dr. Tim McKnight, Associate Professor of Missions and Youth Ministry

4. **Mindfulness / Guided Meditation** **Vandiver Gallery, Thrift Lib.**
Dr. Heather Kindel, Assistant Professor of Physical Therapy

5. **Ergonomic Therapeutic Stretching for Desk Workers** **Vandiver 118**
Dr. Vanessa Rettinger, Program Director, School of Human Performance
Dr. Matthew De Ruig, Assistant Professor of Physical Therapy

6. **Journaling and Gratitude** **Vandiver 201**
Zoom: <https://andersonuniversity.zoom.us/j/98921417119>
Dr. Patty Slaughter, Professor of Psychology & Department Chair of Behav. Sci.
Dr. Jason Neill, Associate Professor of Psychology

7. **Recognizing and Responding to Stress vs. Anxiety** **Vandiver 202**
Zoom: <https://andersonuniversity.zoom.us/j/91217108099>
Erin Maurer, M.Ed., LPC/S; Director of Counseling
Chandler Cox, M.Ed, LPC, NCC; Counselor

10:30 **Transition to Locations for Workshops Round 2**

10:45-11:30 **Session 3:**

Session 2 Workshop Topics and Locations Repeat (Sign up for sessions [here.](#))
(Except for Wilderness Therapy at Rocky River Nature Preserve.
Session 1 of Wilderness Therapy will continue into Session 2.)

11:30 - 1:00 **"The Doggo Lounge"** - SC Dogs Therapy Group **Belk Theater, Rainey FAC**
Before or after lunch, come hang out with some cute pups!

11:30 - 1:00 **Lunch and Fellowship with Colleagues** **Culinary Center**

1:00 - 2:00 **Optional: Meet the Faculty Status Committee Q&A** **Vandiver 134**

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Psalm 23
A psalm of David

- 1 The Lord is my shepherd, I lack nothing.
- 2 He makes me lie down in green pastures,
he leads me beside quiet waters,
- 3 he refreshes my soul.
He guides me along the right paths
for his name's sake.
- 4 Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.
- 5 You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.
- 6 Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord
forever.