



Mesa Wellness 360 Program

Points Opportunities

January – October 2019 Calendar

CATEGORY II: Let's Get Clinical – Screenings

Biometric Screenings = 150 points

- **Dates – March and April 2019 (Dates TBD)**
- Screenings can also be done with your primary care provider or at a Sonora Quest Lab. Please visit www.mesaaz.app.sbwel.com "Rewards" section to find out more information.

Preventative Screenings (On-Site) = 150 points

- **Prostate Cancer Screenings with POP**
 - April 2019 – Dates TBA
- **3D Mammography and Bone Density Screenings with Assured Imaging**
 - April 16th at Red Mountain Library, 635 N Power Road, Mesa, AZ 85205, 8:00am-5:00pm
 - April 17th at Red Mountain Library, 635 N Power Road, Mesa, AZ 85205, 8:00am-1:00pm
 - April 18th at Main Library, 64 E 1st Street, Mesa AZ 85201, 8:00am-5:00pm
 - September 5th at Mail Library, 64 E 1st Street, Mesa AZ 85201, 8:00am-1:00pm
- **Wellness & Benefits Fair On-site Screenings**
 - **October 29th, 2019**
 - POP and Assured Imaging will be in attendance for health screenings

CATEGORY III: Wellness Classes

Wellness Classes = 50 points each (submit up to 3 classes per year); Register on the [Learning Center](#)

- **January**
 - **Fitness: How to Create an Exercise Program**
 - Thursday, 1/17, MCP 650 South, 20 E Main Street
 - **Oh My Aching Back**
 - Thursday, 1/24, 12-1pm, 200 S Center Street, Bldg 3 Room 119
- **February**
 - **Know Your Numbers**
 - Thursday, 2/7, 12-1pm, 200 S Center Street, Bldg 3 Room 119
 - **Understanding Depression**
 - Thursday, 2/28, 12-1pm, MCP 650 South, 20 E Main Street
- **March**
 - **Budget and Savings with Wells Fargo**
 - Tuesday, 3/12, 12-1pm, 200 S Center Street, Bldg 3 Room 119



- **Feed Your Brain: Nutrition for Concentration & Focus**
 - Tuesday, 3/19, 12-1pm, 200 S Center Street, Bldg 3 Room 119
- **Grocery Sore Tour**
 - Friday, 3/26, 10-11am, Natural Grocers in Mesa
- **April**
 - **Managing Your Emotions in the Workplace by ComPsych**
 - Wednesday, 4/17, 12-1pm, 640 N Mesa Drive, SE/SW Community Room
 - **Laughter, Humor, and Play to Reduce Stress and Solve Problems by ComPsych**
 - Wednesday, 4/24, 12-1pm, 20 E Main Street, MCP 650 South
 - **Sun Safety by Banner Health**
 - Thursday, 4/25, 12-1pm, 200 S Center Street, Bldg 3 Room 119
- **May**
 - **Resiliency: Bouncing Back After a Setback by ComPsych**
 - Thursday, 5/2, 12-1pm, 200 S Center Street, Bldg 3 Room 119
 - **Thyroid and Autoimmune Conditions**
 - Thursday, 5/16, 12-1pm, 20 E Main Street, MCP 650 South
 - **Mindfulness: Being Present in Your Work and Life by ComPsych**
 - Thursday, 5/23, 12-1pm, 200 S Center Street, Bldg 3 Room 119
- **June**
 - **Monitor Your Information – ID Theft by Wells Fargo**
 - Monday, 6/10, 12-1pm, 200 S Center Street, Bldg 3 Room 119
 - **Men’s Health**
 - Thursday, 6/13, 12-1pm, 640 N Mesa Drive, SE/SW Community Room
- **July**
 - **Women’s Health by Banner Health**
 - Thursday, 7/18, 12-1pm, 200 S Center Street, Bldg 3 Room 119
 - **Stress Busters**
 - Wednesday, 7/24, 12-1pm, 200 S Center Street, Bldg 3 Room 119
- **August**
 - **Learning to Say “No” by ComPsych**
 - Wednesday, 8/7, 12-1pm, 20 E Main Street, MCP 650 South
 - **Preventive Health Care**
 - Wednesday, 8/14, 12-1pm, 20 E Main Street, MCP 650 South
 - **Connecting Mind & Body for Healthy Living by ComPsych**
 - Wednesday, 8/21, 12-1pm, 640 N Mesa Drive, SE/SW Community Room
- **September**
 - **Let’s Talk Credit by Wells Fargo**
 - Thursday, 9/12, 12-1pm, 200 S Center Street, Bldg 3 Room 119
 - **Neuroplasticity: Mental Fitness for Optimal Brain Power**
 - Tuesday, 9/17, 9-10am, 200 S Center Street, Bldg 3 Room 119
 - **Running on E: Adding Energy and Passion to Work and Life**
 - Tuesday, 9/24, 4-5pm, 640 N Mesa Drive, SE/SW Community Room



- **October**
 - **Cutting Through the Clutter by ComPsych**
 - Thursday, 10/17, 12-1pm, 20 E Main Street, MCP 650 South
 - **The Art of Patience by ComPsych**
 - Thursday, 10/24, 12-1pm, 200 S Center Street, Bldg 3 Room 119

CATEGORY III: Programs

Completion of a Program in 2019 = 200 points; Register on the Learning Center

Am I Hungry? Program

- **Am I Hungry? Program (Spring)**
 - January 23rd – March 13th
 - Training Room at 200 S Center Street, Building 3 Room 127
 - 12-2pm
- **Am I Hungry? Program (Summer)**
 - May 8th – June 26th
 - Training Room at 200 S Center Street, Building 3 Room 127
 - 12-2pm
- **Am I Hungry? Program (Fall)**
 - September 11th – October 30th
 - Training Room at 200 S Center Street, Building 3 Room 127
 - 12-2pm

Inside-Out Program

- **Inside-Out Program (Winter)**
 - January 28th – March 4th
 - Training Room 650 South, Mesa City Plaza
 - 12-1pm
- **Inside-Out Program (Fall TBD)**

Diabetes Education Program

- **Diabetes Education Program**
 - March 7th – 28th
 - MCP 650 S, 20 E Main Street
 - 12-1pm



Healthy Living (CDSMP) Program

- **Healthy Living Workshops (Spring)**
 - April 2nd – May 7th
 - Training Room at 200 S Center Street, Building 3 Room 119
 - 12-2pm
- **Healthy Living Workshops (Summer)**
 - July 16th – August 20th
 - Training Room at 200 S Center Street, Building 3 Room 119
 - 12-2pm
- **Healthy Living Workshops (Fall)**
 - September 24th – October 30th
 - Training Room at 200 S Center Street, Building 3 Room 119
 - 12-2pm

Tobacco Cessation Program

- **Tobacco Cessation Program (Winter)**
 - January 28th – March 11th
 - Training Room at the Wellness Center, 1121 S Gilbert Road, Suite 101
 - 12-1pm
- **Tobacco Cessation Program (Summer)**
 - June 3rd – July 15th
 - Training Room at the Wellness Center, 1121 S Gilbert Road, Suite 101
 - 12-1pm

CATEGORY IV: Annual Wellness Activities

Community Fitness Event Opportunity

- **City of Mesa Employee 5K and 1 Mile Walk/Run**
 - Saturday, 4/27, Red Mountain Park

Citywide Challenges = Points vary; complete two of four Citywide contests in 2019 for 100 points

- **Beat the Boss Challenge**
 - January 22nd – February 12th
 - Register on Mesa Wellness 360 Website at www.mesaaz.app.sbwel.com
- **Spring Challenge – TBA**
- **Summer Challenge – TBA**
- **Fall Challenge – TBA**