

In Pursuit of Wellness

Hospital Medicine Monthly Newsletter

November 2018

Edition 6

Stair Challenge

Teams Edition

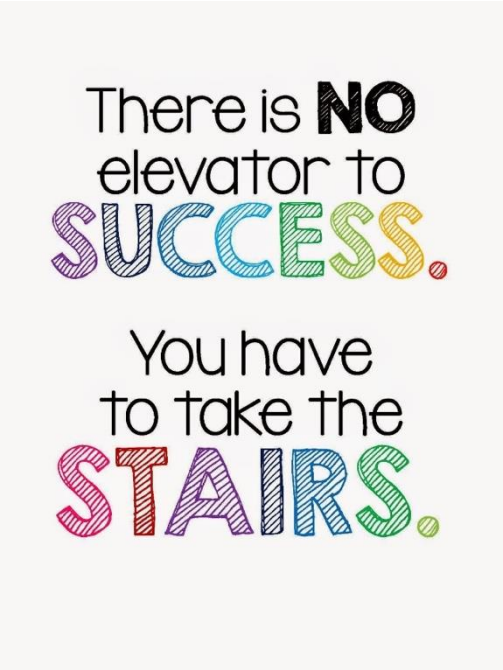
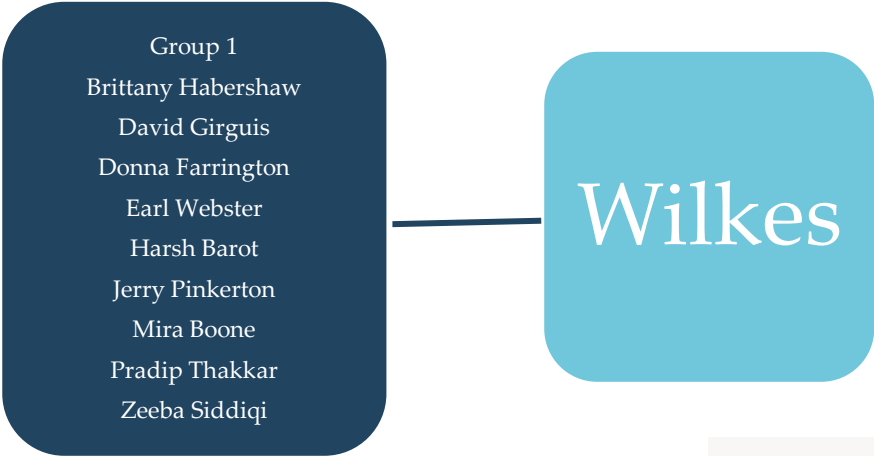
With the holidays fast approaching, why not lose some pre-new year's resolution pounds to prevent that inevitable post-feast food coma self-loathing... The average American gains 5-7 lbs between Thanksgiving and New Year's! We are repeating the stair challenge with a twist – you will be on a team with your co-workers and thus **accountable for each other's success!** Find your team on the next 2 pages (this includes LMC, WMC, and HP!) The stair challenge will begin **November 7th, 2018 and run through December 23rd, 2018.**

The deets:

- A flight of stairs = ~ 10 stair steps only (going up)– easiest to use your phone/ fit bit/ iphone watch → please respect the honor code!!
- **Choose a captain** from your team (see below) who will send me or Ann Donald weekly (every Sunday) totals of flights climbed by your combined team members
- **Send me your captain and team name by this Sunday**
- YES I REALIZE SOME TEAMS ARE UNEVEN - Teams are made up of 8-11 individuals, so will standardize by dividing by total number on team
- Providers who work on several different campuses can email me if they want to change the campus they were assigned to
- **Winning team will receive catered lunch of their choosing! (plus bragging rights of course)**









HIGHLIGHTS FROM LAST MONTH

CycleBar Event

Thank you to Kristin for organizing this kick butt workout (I burned 500 calories in 45 minutes)! We will be planning more of these every few months so keep on the lookout for the next time to sign up!



Reverse Trick or Treat

We ended up in internal medicine admin offices, then the pathology trenches to visit Seguin's husband and crew! They said it brightened their days ☺ Would love to make this a tradition with our littles ones!

2018 Hospital Medicine End of the Year Celebration

December 10, 2018

7:00-11:00 pm

Footnote @ Foothills

634 W 4th St, Winston-Salem, NC

Food, drink, music (including karaoke!), and awards
you won't want to miss 😊

Mark your calendars for the
1st Inaugural Hospital
Medicine Super(chili)Bowl
hosted by Pankaj Kumar and the
Wellness team
January 13th, 2019
More details to come!





Action Health Events



November Theme: Diabetes Awareness

- **BestHealth Challenge: Hold the Stuffing**
- **Farmer's Market**
 - New Hawthorne Parking Deck; Thursdays 2-5:30 PM
- **Diabetes Management: Please Don't Sugarcoat It!**
 - Sticht Center; Thursday, November 8th, 12-12:45 pm
 - LMC, LiveWell Center; Tuesday, November 13th, 12-12:45 pm
 - DMC, Plaza 1 classroom, Thursday, November 15th, 12-12:45 pm
 - WMC, Executive board room, ground floor; Thursday, November 29th, 12-12:45 pm
- **Cooking for the Holidays**
 - LMC (LiveWell Center); Tuesday, November 6th, 12-12:45 pm
 - Davie Medical Center (plaza 1 classroom), November 7th, 12 -12:45 pm
 - Sticht center; Thursday, November 1st, 12-12:45 pm
- **Advance Care Planning**
 - CCC 2A/2B; Wednesday, November 14th, 4-5 pm
 - DMC, small conference room; Thursday, November 8th, 12:30-1:30 pm
 - LMC, classroom 2; Wednesday, November 28th, 12:15-1:15pm
- **Financial Counseling with BB & T**
 - WFBH, Spine; Thursday, November 1st and Tuesday, November 13th, 12-4 PM
- **Healthy Hike**
 - Grindstone/Ledge Spring Trails @ Pilot Mountain State Park; Saturday, November 11th, 11 am
- Contact Bri if you are interested in further class series with topics on :
 - DASH Diet
 - Mindful Eating
 - Prevent Diabetes
 - Yoga Series

COMING SOON

STAY TUNED FOR THESE UPCOMING WELLNESS EVENTS

- **CYCLEBAR CLASS FOR HOSPITAL MEDICINE – FEBRUARY**
- **PARENTS NIGHT OUT - DECEMBER**
- **TEAM BUILDING ACTIVITY AT GRAYLYN CONFERENCE CENTER – EARLY SPRING**

Section on Hospital
Medicine

November 2018

Brianna Pearson, PA-C

Ann Donald, NP

Kristin Nanney, PA-C

