

LiveWELL

Work | Eat | Learn | Live



TEAMMATE CALENDAR



Atrium Health

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Cervical Health Awareness Month National Blood Donor Month	1 New Year's Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Martin Luther King Jr. Day	18	19	20	21	22
23	24 National Day of Education	25	26	27	28	29
30	31	<div>CODE LAVENDER</div> <div> Self-Care Tip Increased sunlight can help fight depression. If you can, open the curtains and let more sunlight in. </div>				

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LIVE YOUR BEST LIFE



Joselle Anthony, BSN, RN, PMGT-BC, GERO-BC, CCAP
 Clinical Nurse III
 Atrium Health Pineville
 Med/Surg/Tele
 Atrium Health Greater Charlotte

“ Tap into all the resources that are available for your physical, financial and personal well-being. Live your best life to the fullest! ”

Joselle reminds teammates that if you don't take care of yourself, you can't take care of others. To live your best life, she suggests walking, yoga and tai chi, because diversity in training is important. Also keep a household budget, which can provide peace and well-being knowing your finances are under control.

WATCH



JOSELLE'S STORY

PARTICIPATE IN A HEART-HEALTHY DIET & FITNESS ACTIVITIES

Rohit Mehta, MD

Cardiac Electrophysiologist,
Director Cardiac Device Clinic
Sanger Heart & Vascular Institute,
Kenilworth
Atrium Health Greater Charlotte

“As caregivers, it’s important to decompress and engage in our own health so we can take care of our community.”

To maintain a healthy heart, Dr. Mehta encourages teammates to get a consistent amount of sleep, commit to eating healthy foods and exercise daily.

WATCH



DR. MEHTA'S STORY

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Black History Month American Heart Month National Cancer Prevention Month	1 Chinese New Year	2 Groundhog Day	3 World Cancer Day	4	5
6	7	8	9	10	11 Atrium Health Go Red Day	12
13	14 Valentine's Day	15 International Childhood Cancer Day	16	17	18	19
20 National Love Your Pet Day	21 Presidents' Day	22	23	24	25	26
27	28	CODE LAVENDER 				
		Self-Care Tip Think about the activities that help both your mind and body, then write down times on the calendar to do them. This could be as simple as an online yoga class or walking in your neighborhood.				

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MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	National Nutrition Month Women's History Month National Colorectal Cancer Awareness Month Kidney Cancer Awareness Month Myeloma Awareness Month	1	2	3	4	5
6	7	8	Ash Wednesday	10	11	12
		International Women's Day				
13	14	15	16	17	18	19
Daylight Savings Begins				St. Patrick's Day		
20	21	22	23	24	25	26
Start of Spring	World Day to Eliminate Racism				Medal of Honor Day	
27	28	29	30	31	CODE LAVENDER	
		National Vietnam War Veterans Day	Doctors' Day National Day of Happiness		Self-Care Tip Cooking and eating nutritious food is self-care. Put yourself first by giving your body the right fuel to get through each day.	

MAKE PEACE WITH FOOD

& EXPAND YOUR NUTRITION KNOWLEDGE



Sandy Poplin, DPT, PT
Clinical Nurse III
Physical Therapist
Atrium Health Wake Forest Baptist

“ Listen to your body and be confident in your own skin. ”

Sandy participated in an online Intuitive Eating class offered to teammates. Intuitive eating teaches you to listen to your body for hunger cues, allows you to enjoy all types of foods and encourages you to be comfortable in your own body.



WATCH SANDY'S STORY

FINANCIAL WELL-BEING

APRIL

PREPARE FOR A FINANCIALLY
SECURE FUTURE



**Lynn Sanders, MSN, RN,
OCN, NE-BC**
Nursing Director/Hematology
Programs Administrator
Levine Cancer Institute-Morehead
Atrium Health Greater Charlotte

“Enroll in your Health Savings Account (HSA) and take advantage of any incentives offered to teammates to increase savings.”

An emergency hospital stay resulted in unexpected medical expenses for Lynn’s family. She and her husband had saved in their HSA, so the money was there when they needed it. Lynn encourages teammates to enroll in an HSA and take advantage of all incentives available to help them save.

WATCH



LYNN'S STORY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CODE LAVENDER	Self-Care Tip Self-care includes handling money in a healthy way. This can mean saving for a goal (such as reducing debt or going on a trip) and creating a realistic budget.			National Autism Awareness Month National Donate Life Month National Testicular Cancer Awareness Month National Oral, Head and Neck Cancer Awareness Month	1	2 World Autism Awareness Day
3	4	5	6	7 World Health Day	8 Yom HaShoah (Holocaust Remembrance Day)	9
10 Palm Sunday	11 National Pet Day	12	13	14	15 Good Friday Tax Day	16 Passover Begins
17 Easter Sunday	18	19	20	21	22 Earth Day	23 Passover Ends
24	25	26	27	28 World Day for Safety & Health at Work	29	30

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MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
				Hand Hygiene Day	National Nurses Day	
8	9	10	11	12	13	14
Mother's Day						
15	16	17	18	19	20	21
22	23	24	25	26	27	28
		Armed Forces Day				
29	30	31	<div><div><div>National Military Appreciation Month</div><div>National Mental Health Awareness Month</div><div>National Bike Month</div></div><div><div>CODE</div><div>LAVENDER</div></div><div><div>Self-Care Tip</div><div>The Centers for Disease Control (CDC) recommends ways to cope with stress, including taking breaks from the news and social media.</div></div></div>			
	Memorial Day					

MAKE YOUR MENTAL HEALTH A PRIORITY

Brandon Allison,
LCMHC, NCC

Psychotherapist/Licensed Clinical
Mental Health Counselor
Employee Assistance Program
Atrium Health Greater Charlotte

“ Put mental health on your annual health care checklist. ”

As part of the Employee Assistance Program (EAP) team, Brandon offers counseling to teammates and their family members to cope with situations that affect mental health. He encourages teammates to attend to their mental health with the same level of care as their physical health.

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▶
BRANDON'S STORY

STRENGTHEN YOUR MUSCLES & BONES

JUNE



Alexis Patton
Manager, Talent Acquisition for Allied
Health & Recruiting Operations
Atrium Health Greater Charlotte

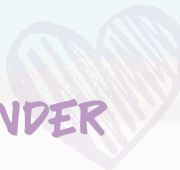
“ Take it slow at first and listen to your body. Make a plan and stick to it! ”

Alexis began exercising to improve her health. She was having a terrible time walking up stairs and her knees and back were constantly aching. With gyms closed due to COVID-19, her neighborhood became her gym. By adding regular walking and running to her daily routine, she lost over 60 pounds. Now she can sprint up the stairs with ease and feels great.

WATCH




ALEXIS'S STORY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CODE LAVENDER  Self-Care Tip The musculoskeletal system includes your muscles, tendons and ligaments, bones and joints, and other tissues. Every hour, get up from a sitting position to stretch your body and walk for at least three to five minutes.			1	2	3	4
5	6	7	8	9	10	11
12	13	14 US Flag Day World Blood Donor Day	15	16	17	18
19 Juneteenth	20	21 Start of Summer International Day of Yoga	22	23 Public Service Day	24	25
26	27 PTSD Awareness Day	28	29	30	Pride Month PTSD Awareness Month	

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JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
				UV Safety Month Sarcoma and Bone Cancer Awareness Month		
3	4 <small>Independence Day</small>	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 <small>Parent's Day</small>	25	26	27	28	29	30 <small>World Friendship Day</small>
31	<div><div>CODE LAVENDER</div><div></div><div>Self-Care Tip As you exercise your body, remember you can exercise your mind as well by opening up to new experiences such as a crossword or adult coloring books.</div></div>					

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FIND JOY

IN MOVEMENT

Tonja Jordan
Nursing Administrative Assistant
Atrium Health Navicent

“ Find something you like.
Once you do, exercising is
not a problem. ”

When medication was not enough to lower her A1C to a healthy level, Tonja knew she had to make a change. She attended exercise classes at the Atrium Health Navicent wellness center and joined Weight Watchers. With regular exercise, and improved diet, she made so much progress that she was able to come off medication for diabetes and blood pressure.

WATCH



TONJA'S STORY

GET THE RIGHT CARE FOR YOU

Charles Krauss
Health Educator
Atrium Health Navicent

“ Get your regular preventive care screenings. One of those screenings saved my life. ”

When Charles noticed an unusual symptom, he immediately made an appointment with his doctor. A screening of his prostate helped to identify an aggressive cancer. With treatment, he was able to make a full recovery. He encourages all teammates to complete the regular preventive care screenings and always visit their doctor if they have a concern.

WATCH



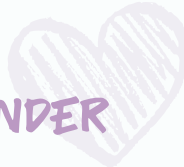
CHARLES'S STORY

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Immunization Awareness Month Blood Cancer Awareness Month Childhood Cancer Awareness Month Ovarian Cancer Awareness Month	1	2	3	4	5	6
7 Purple Heart Day	8	9 International Day of the World's Indigenous Peoples	10	11	12	13
14	15	16	17	18	19 World Humanitarian Day	20
21 National Senior Citizens Day	22	23	24	25	26 Women's Equality Day	27
28	29	30	31	CODE LAVENDER  Self-Care Tip Every one of us is unique, but we all benefit from being kinder to ourselves. Talk to yourself as you would a trusted friend.		

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SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>CODE LAVENDER</div> <div></div> <div>Self-Care Tip As you're preparing for sleep each night, name 3 things that happened that day that you are grateful for. Dwell on those moments as you slip into peaceful slumber.</div>				1	2	3
4	5 <div>Labor Day</div>	6	7	8 <div>International Literacy Day</div>	9	10 <div>World Suicide Prevention Day</div>
11 <div>Patriot Day National Grandparents Day</div>	12	13	14	15	16 <div>International Peace Day</div>	17
18	19	20	21	22 <div>Start of Fall</div>	23	24
25	26 <div>Rosh Hashana</div>	27	28	29	30	<div>National Suicide Prevention Awareness Month Childhood Cancer Awareness Month Prostate and Thyroid Cancer Awareness</div>

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THE POWER OF SLEEP



Bridget Shaw Thomas, MPH, CHES
Clinical Studies Coordinator
Atrium Health Wake Forest Baptist

“ Create healthy sleep habits. Sleep is just as important for your overall health as nutrition and exercise. ”

Bridget knows that getting enough sleep can make or break her day. To help herself stay on track, she keeps a sleep diary so she can maintain healthy sleep habits.

WATCH



BRIDGET'S STORY

GET YOUR MAMMOGRAM

OCTOBER

**Tara McGee-Walker,
BSN, RN-BC**
Director, Teammate Health
Atrium Health Greater Charlotte


“ Do your self-breast exams and be your own advocate if you have a health concern. ”

Tara found a lump during her monthly self-breast exam and immediately went to her doctor to have it examined. She was diagnosed with stage two breast cancer at the age of 32. At Levine Cancer Institute, her care team addressed all of her unique concerns and celebrated every win along her journey to a full recovery.

WATCH



TARA'S STORY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Breast Cancer Awareness Month Liver Cancer Awareness Month ADHD Awareness Month	1 World Vegetarians Day
2	3 Child Health Day	4	5 Yom Kippur	6	7	8
9	10 World Mental Health Day Indigenous Peoples' Day	11	12 Pink & proud Day	13 U.S. Navy Birthday	14	15 Global Handwashing Day
16 World Food Day	17 Boss's Day	18	19	20 Birth of the Guru Granth (Sikh)	21	22
23	24	25	26	27	28	29
30	31 Halloween	CODE LAVENDER 				

Self-Care Tip

If you feel yourself getting physically stressed, try focusing on your happy place. Bring to mind as many vivid details as you can. Run through your senses, what do you see, smell, feel, hear and taste? Guided imagery is a wonderful way to induce calm.

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NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	National Diabetes Month Lung Cancer Awareness Month Marrow, Pancreatic and Stomach Cancer Awareness Month Hospice and Palliative Care Month	1	2	3	4	5
6 Daylight Savings Time Ends	7	8 Election Day	9	10 U.S. Marine Corps Birthday	11 Veterans Day	12
13 World Diabetes Day	14	15	16	17	18	19
20	21	22	23	24 Thanksgiving	25	26
27	28	29	30	<div>CODE LAVENDER</div> <div>Self-Care Tip</div> <div>Find something each day to make you smile or laugh. Then, share it with a loved one.</div>		

GET THE
RIGHT LABS
FOR YOU

DIABETES
MANAGEMENT



Coretta Stevenson, LPN
Customer Liaison Representative
Diabetes Department
Atrium Health Floyd

“ Participate in activities and programs that prevent diabetes. ”

Through participation in diabetes management programs available to her as an Atrium Health Floyd teammate, Coretta has lost 80 pounds, improved her A1C and no longer needs to take medication for type 2 diabetes.

WATCH



CORETTA'S STORY

GIVING FEELS GOOD

CONNECT TO YOUR COMMUNITY



Cole Kessell, PharmD
Pharmacy Manager
Atrium Health Pineville
Atrium Health Greater Charlotte

“ Give back in any way you can. Giving blood is a simple, easy way to make an impact on lives. ”

With a universal donor blood type, Cole has always made giving blood a priority. But when his father was diagnosed with leukemia and needed to receive many blood transfusions for treatment, he learned how very important blood donations are for many patients.

WATCH



COLE'S STORY

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CODE LAVENDER	Self-Care Tip Volunteering in a cause you believe in can fight depression, make you feel better and be extremely gratifying.			1	2	3
				World AIDS Day		
4	5	6	7	8	9	10
	International Volunteer Day					
11	12	13	14	15	16	17
18	19	20	21	22	23	24
Start of Hanukah			Start of Winter			Christmas Eve
25	26	27	28	29	30	31
Christmas	Start of Kwanzaa End of Hanukah					New Year's Eve

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