

# Choose Well Oregon Wellbeing TECH

## 2023 - 2024 Calendar of Events

The Wellbeing Committee, in partnership with the Center for Wellbeing, has created an Initial Calendar of events based upon the Surgeon General's "Framework for Workplace Mental Health and Wellbeing" (2022). Each month has been assigned an Essential Aspect of wellbeing from the Framework as well as the human need that will be supported.

*The following represents a tentative list of programs, which may change over time.*

### SEPTEMBER

Essential Aspect: **Connection and Community**  
Supporting the **Need of Belonging**

#### Suicide Prevention Talk

**9/15 @ 10am**  
CU - Mt. Bailey/Teams

**9/25 @ 10am**  
DOW - #237/Teams

*In honor of national Suicide Prevention Week, learn strategies to identify risk for suicide and how to intervene.*

#### Oregon Tech Games

**9/20 @ 5pm**  
CU - Auditorium Lobby

*Join us for non-skill based games (i.e. Cornhole), prizes, and food!*

Sponsored by  
The Center for Wellbeing  
Admin Council  
President's Office  
Student Involvement and Belonging.

#### 2023 Walk for Recovery

**9/17 in Portland**  
**9/24 in Klamath Falls**

For more info, visit  
[oregonrecovers.org](http://oregonrecovers.org)

*In honor of National Recovery Month. Walk to raise money for those in addiction recovery.*

### OCTOBER

Essential Aspect: **Protection from Harm**  
Supporting the **Need of Security**

#### Domestic Violence Workshop

**10/10 @ 2pm**  
CEET 121 / PM 402

Klamath Advocacy Center  
Facilitated by Christy David

*In honor of Domestic Violence Month, learn about local resources and ways to support.*

#### Benefits Fair

**10/18 @ 9am-2pm**  
CU - Crater Lake Complex

*Free Flu shots and information about benefits and support programs for employees.*

### NOVEMBER / DECEMBER

Essential Aspect: **Work-Life Harmony**  
Supporting the **Need of Flexibility**

#### Friends-giving Potluck

**11/15 @ 11am-1pm**  
CU - Crater Lake Complex

*Join Oregon Tech in sharing your gratitude and favorite potluck dish!*

#### Work-Life Balance Workshop

**12/6 @ 2pm-3pm**  
Klamath Falls: CU - Mt. Bailey / Mt. Theisen  
Portland-Metro: Room 402

*Learn to better integrate and/or balance your work and personal lives.*

# JANUARY

Essential Aspect: **Mattering at Work**  
Supporting the **Need of Dignity**

## Healthy Active Challenge

mid-January to mid-February  
Times and Locations vary

*Join a team or go solo to increase healthy behaviors in your life.*

## Increasing Awareness Human Trafficking Workshop

1/9 @ 2pm-3pm

Klamath Falls: CU - Mt. Mazama / Teams

Portland-Metro: TBD

Facilitated by Lori Merriam

*Learn about local resources and way to support.*

# FEBRUARY

Essential Aspect: **Opportunity for Growth**  
Supporting the **Need of Learning**

## Finding Purpose & Meaning Workshop

2/7 @ 11am-1pm  
CU - Mt. McLoughlin

2/8 @ 2pm-4pm  
Virtual

*Presented by Healthy Klamath.*

## Efficiency at Work Workshop

Date & Time TBD

Location TBD

*Learn to more effectively use the tools available to you to increase communication including utilizing email and other communication programs.*

# MARCH

Essential Aspect: **Connection & Community**  
Supporting the **Need of Social Support**

## Pi Day Potluck Celebration

3/14 - 1pm-3pm  
CU - Mt. Mazama/Scott

*Connect with students and faculty over Pi(e)!*

# APRIL

Essential Aspect: **Protection from Harm**  
Supporting the **Need of Safety, Learning**

## Wellbeing Fair

4/10 @ 9:30am-2:30pm  
CU - Crater Lake Complex

*Explore a variety of vendors who will be on campus to support wellbeing. Interactive booths, screenings & an ergonomics contest.*

## Sexual Assault Awareness Month

Dates & Times TBD  
Locations TBD

*Various activities are being planned throughout the month. The Wellbeing Committee is partnering with Title IX, ISHC and Student Involvement & Belonging.*

# MAY

Essential Aspect: **Work-Life Harmony**  
Supporting the **Need of Autonomy**

## Fun Run/Walk

5/17 - Times TBD  
Klamath Falls

*Will partner with the community to host a 5K Fun Run/Walk that will end on the Oregon Tech Track.*

# JUNE

Essential Aspect: **Mattering at Work**  
Supporting the **Need of Meaning & Accomplishment**

## Recognition

Dates & Times TBD  
Locations TBD

*Various activities are being planned to recognize the accomplishments of the year and expressing gratitude for the Oregon Tech community.*