

A&F Virtual Town Hall

Tuesday, March 25

Support @Tech

Well-being

Kimberly Goler-Stubbs

Community

Jennifer Attilus-August

Physical

Miranda Price

8
Dimensions
of Wellness



Digital tools for wellness

Acentra – Acentra Connect App

- usg.edu/well-being

Anthem – Sydney Health App

- [Healthcare Benefits Support](#)

Kaiser Resources

- [Health Resources](#)

USG Well-being Rewards Program

- usg.edu/well-being

Georgia Tech Well-being Website

- engagement.hr.gatech.edu/well-being

8
Dimensions
of Wellness



Belonging @Tech

Employee Resource Groups

- Women of Georgia Tech
- Georgia Tech Emerging Professionals
- GRIOT - African Heritage
- Web of Brilliance - Neuroflexibility
- HOLA
- PRIDE

Communities of Connection

- Parents @ Tech
- Cultural Canvas Collective
- Gaming @ Tech
- State @ Tech
- Older Grad Students (OG's)
- Globetrotter Tales



8
Dimensions
of Wellness



BeWell

What do you get?

- Small group training
- Biweekly group nutrition meetings with a Registered Dietitian
- Pre & post InBody scan to track progress
- Supportive workplace community
- Accountability from the trainers, dietitians, colleagues, and Campus Recreation Fitness Team`

Why join?

- Build consistency in your workouts & nutrition
- Expert guidance from personal trainers & a registered dietitian
- Exclusive program for Georgia Tech faculty & staff
- Proven structure to help you reach your fitness goals
- Best price around for the value offered

Questions? Miranda.Price@crc.gatech.edu



Follow us!

@gatechcareers

