

HEALTH & WELLNESS

BENEFITS WELLNESS WORKLIFE
www.gvsu.edu/healthwellness



Janet was “crowned” in March from [Crowns of Courage](#) in Grand Rapids.



This design is of Laughing Water, South Dakota, a place near to Janet's heart.

Success Story: Janet Mills

“Without yoga I probably would not have been as in tune with my body and would not have felt the lump.”

Last summer, Janet knew something wasn't right. She fell ill after coming home from a vacation in March, but “could never quite shake it.” From then on, she had a variety of symptoms from feeling cold, with intermittent fevers, to periods of fatigue and respiratory issues.

Trying to figure it out, she had her house checked for black mold and had the ducts cleaned. “I was constantly searching for what was making me feel not right.” Janet had participated in the [Healthy Choices Wellness Program](#) and was advised to connect with a health coach about her results, who was helping her through this frustrating process. “She was a kind and thoughtful ear when, by chance, I really needed it.”

“To anyone questioning the health coaching process or having any misgivings about it, I would say to just relax and go for it! It’ll be great.”

Janet has also been a regular yogi, attending [two classes a week](#) since they were first offered 10 years ago. “When I do the cobra pose, I can feel something is swollen,” she told her doctor. He had been adamant that she had a virus and just needed time to get over it. Meanwhile she was getting chills in 80 degree weather, and was exhausted just walking from her car into her office at WGVU. He told her to “work yourself harder,” but she knew it just wasn’t like her to feel that kind of fatigue.

So after numerous doctor visits, she had colonoscopy, and the gastroenterologist verified the presence of a lump. Following the discovery, she was put through further testing, and was finally diagnosed with ovarian cancer.

A successful surgery and months of chemotherapy later, Janet is currently cancer-free, and continuing her recovery. “No one knows your body as well as you do. Advocate for yourself. Trust your instincts and take action when you need to. Face whatever it is and move forward.”

TIAA Retirement Program Update

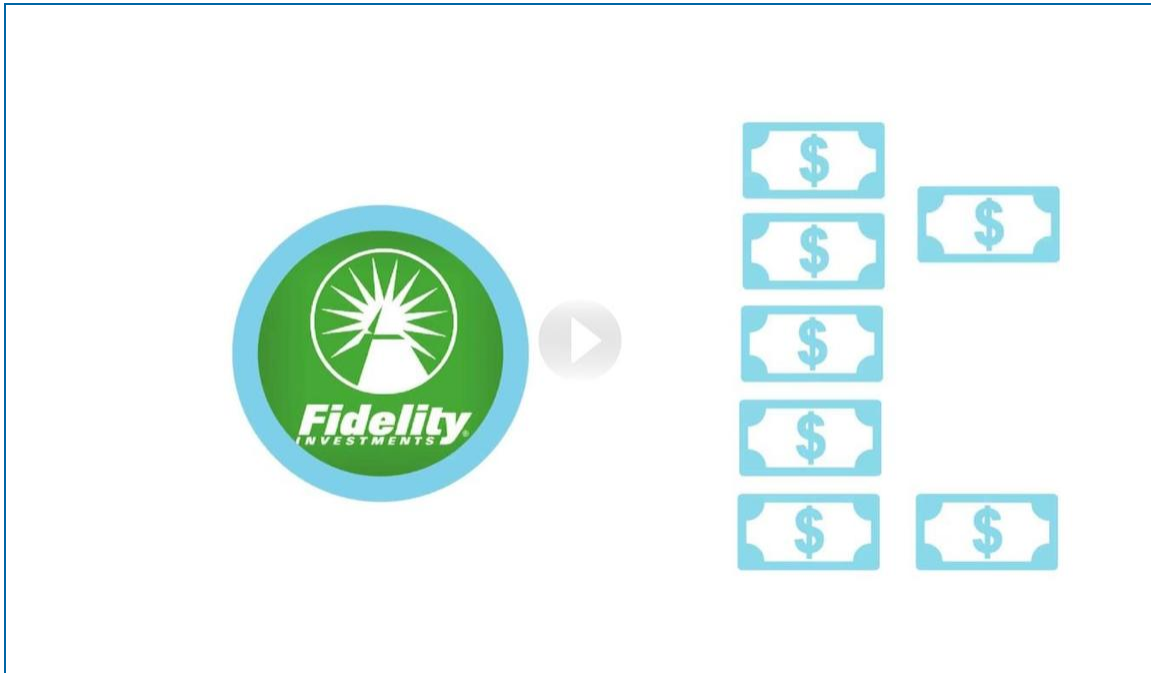


TIAA Retirement Program Update

Grand Valley State University is making some updates to the TIAA investment menu. The investments have been carefully selected by Grand Valley State University for its employees to give you the ability to create a diversified retirement portfolio. New Retirement Choice and Retirement Choice Plus contracts will be issued. Existing mutual fund balances will be transferred to these new accounts during the week of April 30, 2018. Starting May 15, 2018, all future contributions will be directed to these new accounts.

- [TIAA Retirement Program Update Information](#)
- [Program Update Informational Seminar Schedule](#)
- [Program Update Transition Guide](#)
- [Transition Seminar Presentation](#)

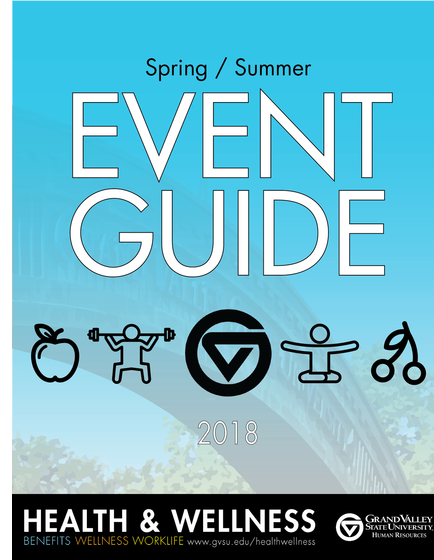
How Much Should You Be Saving For Retirement?



Join Fidelity for this month's free webcast. [Getting More out of Social Security](#) will cover claiming strategies—including options if you're divorced or widowed. Learn more and reserve your spot today at [Fidelity.com/Webcasts](https://www.fidelity.com/webcasts).

Spring/Summer Event Guide

Check out all the resources that are available to help improve your health and wellness this summer! [The Spring/Summer Event Guide](#) showcases the programs, challenges and workshops, we offer to improve your well-being.



Farmers Market Opening Day

Wednesday, June 6, 10am - 1:30pm, Parking Lot G

Farmers market season is almost here! Join us for opening day and participate in the annual [Summer Grill Challenge](#). All proceeds will be donated to an organization in need. [Register on Sprout](#) to save your spot. Be sure to check out the [vendors](#) while you're there!

Visit the [farmers market website](#) and follow the market on [Facebook](#) and [Instagram](#) for updated information throughout the season.

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