**PHYSICAL**

**Free Adaptive Rock Climbing at the Lindseth Climbing Center**
Feb. 26, 1-3:30pm. Rock climbing is a fun way to challenge the mind and body.

**4-Week Virtual Stretching & Mobility Series**
March 1-22. Looking to increase your list of go-to movements to keep your body mobile and more comfortable?

**Cornell Outing Club**
Participate in activities, develop your skills, and meet other people who share your passion for outdoor adventure.

**3 Tips for Eating Your Way to Better Focus** (Thrive Global)

**MENTAL**

**You’re Not Alone: Alcohol Awareness Campaign**
Are you wanting to explore your relationship with alcohol? Join Cornell Wellness for this six week program.

**Navigating Mental Health & Special Education Workshop for Caregivers**
(Family & Children’s Services of Ithaca)
Feb. 24, 4pm. Navigating services and advocating for your child can feel overwhelming, no matter where you currently are. Learn what resources and services are available and how to navigate them.

**Recovering Your Creative Spirit in Grief** (Hospicare of Ithaca)
March 3, 6:30-8pm. Through reflection, discussion, mind-body practices, and intuitive collage, gain a deeper understanding of your own blocks.
What’s Your Purpose in Life?
Associate Professor Anthony Burrow runs the Purpose and Identity Processes Lab at Cornell, which studies the vital role that a sense of purpose plays in human wellbeing. In this Cornellians piece, Burrow explains why this question makes all the difference.

When the Well Is Dry: Reset & Recharge When You’re Depleted (Care.com)
In this recording, hear strategies to increase self-compassion, have open conversations about one’s needs, and the importance of self-care. Tip sheet

How to recognize the physical symptoms of work-related stress – and what to do about them.

RELATIONSHIPS

Thriving with Your Spirited Child Workshop Series (CCE Parenting Education)
Starts March 8. Learn how to understand your and your child's temperamental traits, identify clues leading up to challenging behaviors, cope with tantrums, and reduce or eliminate power struggles.

Powerful Tools for Caregivers (Tompkins County Office for the Aging)
Thursdays, March 17-April 21, 2-3:30pm. Caring for someone can be stressful physically, emotionally, and financially. Get tools to help you navigate being a caregiver.

Volunteers Needed: Mentor-Student Program of Cornell Cooperative Extension 4-H
Mentors are needed to work one-on-one with middle school students who would benefit from having a positive role model in their lives.

CULTURAL

Verdant Views: Anti-racism in the Outdoors
Feb. 24, 2pm. The benefits of spending time in nature have been well documented in recent years. Unfortunately, national surveys have revealed that BIPOC individuals, and especially Black youth, engage with parks and green spaces at much lower rates than do their white counterparts.

Black History Month Talent Show (Greater Ithaca Activities Center)
Feb. 25, 6:30pm. From gospel to spirituals, stepping to hip-hop dance, and a series of Black History facts -- the richness of Black Life, Black culture, and Black History will be celebrated.

Cornell Concert Series
March 6, 3pm in Bailey Hall. A celebration of our country’s legacy of Black women composers in a concert that combines the incredible talents of soprano Karen Slack, the Miró Quartet, and collaborative pianist Erika Switzer.
**Cornell Cinema Reopens for In-Person Screenings**
Located in the Willard Straight Theatre, a wide range of films will be shown for the lowest ticket prices around. Line-up includes the series **Contemporary World Cinema**, **Restorations & Rediscoveries**, **Saturday Night Noir** and **Sub-Saharan Cinema**, as well as two silent films with live musical accompaniment coming in March.

**FINANCIAL**

**Five Money Musts**
March 1, 10am or March 9, 2pm. Presented by Fidelity for Cornell employees. If you’re just starting to think about how to manage your money, learn five basic concepts to get off to a good start.

**Tomorrow in Focus**
March 15, 2pm or March 23, 10am. Presented by TIAAA for Cornell employees. Find out how retirement savings, planning, and the real benefit of time are essential features of retirement investments.

**Do you have access to reliable and affordable high-speed internet?**
NYS residents and local businesses are asked to fill out a survey to help map broadband internet infrastructure and access. Results will inform the NYS’s Dept. of Public Service’ future efforts to improve broadband access, reliability, and affordability.

**Homebuyer Classes** (Ithaca Neighborhood Housing Services)
Join INHS's homebuyer class virtually to learn all about the homebuying process to protect your assets and help you plan and remain organized.

**Units Available to Lease at Maplewood**
Cornell has a limited number of units available for lease to benefits-eligible faculty and staff interested in living at Maplewood beginning August 20, 2022.

**Free Tax Prep for Seniors 60+ & Individuals with Disabilities** (Lifelong)
Lifelong is offering free tax preparation for IRS Federal and New York State to seniors 60+ (with spouses of any age) and individuals with disabilities.

**Defensive Driving Course** (American Safety Council)
NY residents can take this online American Safety Council defensive driving course and enjoy an auto insurance premium reduction for 3 years.

**OCCUPATIONAL**

**Performance@Cornell Training for New Employees**
Feb. 25, 12-1pm. When done right, performance dialogues can be a catalyst for overall performance improvement.
Reshma Saujani, CEO of Marshall Plan for Moms and Founder of Girls Who Code, dismantles the myth of “having it all” and lifts the burden we place on individual women to be primary caregivers, and to work around a system built for and by men.

**Harold D. Craft Leadership Program**
March 21-25, 8:15am – 4:30pm. HDCLP focuses on individuals as leaders, individual effectiveness, the power of dialogue and communication, personal mastery, and leadership within the Cornell culture.

**Managing Up** (LinkedIn Learning)
Best-selling author Roberta Matuson explains strategies for navigating a supervisor styles, the meaning of power in the workplace, how to set a positive tone with a younger supervisor, and ways to promote your accomplishments with your manager.

**ENVIRONMENTAL**

**Colonialism, Climate Change, Consumerism, and the Need for Collective Change with Aja Barber**

**What’s Bugging You: Woodpecker Damage** (NYS Integrated Pest Management)
March 4, 12pm. Experts will answer questions on using integrated pest management (IPM) to avoid pest problems and promote a healthy environment.

**2022 Master Composter Training** (CCE Tompkins)
Starts March 16.

**Beyond Waste Campaign**
This 2-month waste reduction campaign by the Cornell Campus Sustainability Office helps us reimagine our relationship to the products we use every day. All departments are invited to attend and, more importantly, host your own events!

**HELPING OTHERS**

**Donations needed to help youth served by the Learning Web**
The Learning Web is a non-profit organization in Tompkins County. The agency needs self-care, home cleaning supplies, food, diapers, and wipes. Collections will take place through Feb. 25. Donations can be brought to the Learning Web main office, 515 West Seneca St. in Ithaca, Monday-Friday, 9-5.

**Ithaca Murals Artist Lending Library Seeking Donations**
[Ithaca Murals](#) Artist Lending Library is seeking for donations of interior and exterior house paint (good condition only), paint brushes (all sizes), rollers/trays/roller covers, and painter’s tape. Text 607-273-5242 to arrange.
FOR MANAGERS

**Leadership Through Feedback** (LinkedIn Learning)
1 hr. 20 min. Learn what makes feedback unique, why it's important, and why it can be so difficult. Explore the brain science of feedback, including how our brains learn and why we are wired to connect to each other. Learn communication patterns in feedback, how to identify your own patterns and clearly understand others’ patterns, and how to avoid bias in your feedback.

**About the Wellbeing Update:**
Information provided by Cornell Work/Life, Cornell Wellness, and the Faculty and Staff Assistance Program about campus and community resources, programs, and events. Explore past editions or email wellbeing@cornell.edu to ask questions or suggest a resource. Published roughly every other week. Information shared does not indicate Cornell endorsement.