

From: [NDSU SAEM Global](#) on behalf of [Engler, Carin](#)
To: NDSU-SAEM-GLOBAL@LISTSERV.NODAK.EDU
Subject: Our Good Things - February Update
Date: Friday, March 3, 2023 12:45:42 PM

Hi everyone,

We had 15 entries for Our Good Things in February. Thank you for the work you do and thanks to those who took time to write an entry!

Here are those that were recognized:

Ryne Kisch, Adam Lundquist, Stacy Tollefson, and Mary Asheim in Admission.

Sara Parman, Sammie Hildreth, Leigh Spooner, Anisha Gill-Saluja, Connor Copeland, Brandon Metz, and Isaac Mensah in Athletic Academics.

AJ Klein in Enrollment Management Administrative Systems.

Jaryn Allen in the Counseling Center.

Val Jones in TRIO/SSS.

Megan Talcott in Student Health Service.

In other news, if you haven't had a chance to attend a Wellness Education Presentation yet, there is one on March 8.

Alexis Allen is from Sanford Health. Her presentations are fun and she shares excellent information. Plus, you can earn 3,000 points for your wellness program if you are a benefitted employee.

Here is information from Jen Quenette's email:

The University Police and Safety Office along with our Sanford Health Senior Wellness Program Specialist and Registered Dietitian, Alexis Allen, will be going over how to set yourself up for success with planning, shopping for, and cooking healthy meals. She will also go over how to incorporate various mindful eating techniques to help you establish a healthy relationship with food.

When: Wednesday, March 8th from 10:30 - 11:30 AM

Where: Alexis will be providing her material via WebEx. WebEx details will be emailed ahead of time to all registrants. Please register so you can receive the WebEx link as well as any presentation material: [Healthy Meals & Mindful Eating](#)

Thanks again and here is information on [Our Good Things](#).

Carin Engler

Pronouns: She/Her/Hers

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