

Employee Wellness @ UVM

UVM Employee Wellbeing Workshop Series

A partnership with INVEST EAP, choose from a variety of workshops to learn, explore, and focus on you.



REMINDER

Thursday March 24, 11:30am

Self-care Anytime, Anywhere

This session is designed to give employees an opportunity to have fun with stress reduction techniques that can be easily replicated in any setting. Please join us for this chance to relax, destress and practice using simple yet beneficial tools that are handy in any setting to take care of yourself. You will also hear about new features of your EAP benefit that make accessing support even easier than ever!

[Register Here](#)

Registration open until the event begins

Questions? employeeewellness@uvm.edu More Information on additional workshops – www.uvm.edu/hrs/wellness