

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

Wednesday, March 30 at 3pm

BREATHE IN, BREATHE OUT

In our current society we are inundated with stress triggers that "turn-on" our stress response. Learn more about this term, *stress response*, and how practicing breath work can help you turn it off and return to a state of calm. We'll practice two different breath work techniques: a beginner and an intermediate level.

REGISTER HERE

Registration open until the event begins

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