Wellness Program Guide
Fall of 2022
**HealthyCARE 90 Day Program**

A 13-week group wellness program that includes nutrition counseling, health coaching for lifestyle change, mindfulness for stress management, and group fitness with certified instructors.

**UVM Exclusive VIRTUAL Program (Fully Remote):**

Mondays, September 12 – December 12, 12:00-1:00p

*This program is only $25 for UVM Employees!*

To sign up, email genavix@edgevt.com or call 802-951-2320.

To watch a short video about this program, **CLICK HERE**.
HealthyCARE 90 Day Program

A 13-week group wellness program that includes nutrition counseling, health coaching for lifestyle change, mindfulness for stress management, and group fitness with certified instructors.

IN-PERSON Programs (Include Group Fitness):

Monday, September 12 – December 12 from 5:30-7:30p
Thursday, October 20- February 2 from 5:30-7:70p
(All programs held at the South Burlington EDGE)

UVM Employee Wellness will cover $88 toward the cost of these programs!

To sign up, email genavix@edgevt.com or call 802-951-2320.

To watch a short video about this program, CLICK HERE.
HealthyCARE Alumni Program

A 7-week group wellness offering for graduates of the 90-day program. Get motivated for a healthy lifestyle reboot with the same health coaching and nutrition counseling you grew to love in the first program. Alumni Plus programs also offer group fitness.

IN-PERSON Alumni Plus (Includes Group Fitness):

Thursday, August 25 – October 6 from 5:30-7:30p
Wednesday, October 26 – December 14 from 5:30-7:30p
(All programs held at the South Burlington EDGE)

VIRTUAL Alumni (Fully Remote):

Thursday, September 8 – October 20 from 12:00-1:00p
Tuesday, October 25 – December 6 from 12:00p-1:00p

UVM Employee Wellness will cover $88 toward the cost of these programs! For more information, email genavix@edgevt.com or call 802-951-2320.
**Virtual Food & Mood Program**

Join an EDGE Registered Dietitian for this 6-week program focusing on supporting your mental health and well-being through nutrition. This program includes weekly group educational sessions along with 3 one-on-one tele-nutrition sessions.

**VIRTUAL Food & Mood (Fully Remote):**
Thursday, October 13 – November 17 from 12:00-1:00p

“I would recommend this class to anyone. It's so worth the investment. It's our health we're talking about here, and this class covers mental health, too, which is not covered often in classes about diet and nutrition.” - Graduate

**UVM Employee Wellness will cover $55 toward the cost of this program! For more information, email genavix@edgevt.com or call 802-951-2320.**

To watch a short video about the program, [CLICK HERE](#).
**Diabetes Next Steps Program**

An 8-week program focusing on the positive impact of nutrition and exercise on Type II Diabetes. Through the support of your peers, a Registered Dietitian, and an exercise specialist, you will gain the knowledge, guidance, and confidence to improve your health.

**IN-PERSON Program:**
Tuesday, September 27 – November 15 from 5:30-6:30p
(Held at the South Burlington EDGE)

UVM Employee Wellness will cover $55 toward the cost of this program! For more information, email genavix@edgevt.com or call 802-951-2320.

To learn more about this program, **CLICK HERE**.
Mindfulness Lunch & Learn

Join experts in public health, yoga, mindfulness, and stress management to relax and unwind from life’s challenges. These offerings are free for UVM employees!

Mindfulness & Sport
Friday, September 23, 12:00-1:00p

Join a Registered Yoga Teacher and Master of Public Health to discuss ways of using exercise and mindfulness in tandem to improve mood and physical performance.

To register, click here.

The Science of Nutritional Psychology
Friday, October 21, 12:00-1:00p

Join a Registered Dietitian and Registered Yoga Teacher to learn how nutrition impacts both the mind and body.

To register, click here.
Mindfulness Lunch & Learn

Join experts in public health, yoga, mindfulness, and stress management to relax and unwind from life’s challenges. These offerings are free for UVM employees!

‘Tis the Season of Feasting
Wednesday, November 2, 12:00-12:30p
Join a Registered Dietitian and Registered Yoga Teacher to learn mindfulness techniques to slow down and enjoy holiday eating.

To register, click here.

Are the holidays stressful?
Friday, November 18, 12:00-12:30p
Join a meditation instructor to learn mindfulness techniques for practicing lovingkindness this holiday season.

To register, click here.

Chair Yoga for Neck & Shoulders
Friday, December 9, 12:00-12:30p
Join a Registered Yoga Teacher for yoga to relieve tension during finals crunch.

To register, click here.
FREE Behavior Change Webinar Series

Join Linda Rosenthal, Behavior Change Specialist, for a 4-part webinar series covering topics in lifestyle change. Better understand your mood and decision-making processes to improve your health. This series is not continuous, so you can attend all sessions or just one.

Are you ready for change?
Friday, September 16, 12:00-1:00p

Identify your undesired behaviors and assess your bandwidth for change.

To register, click here.

Creating Awesome Habits
Friday, October 14, 12:00-1:00p

How to get from where you are now to where you want to be.

To register, click here.
FREE Behavior Change Webinar Series

Join Linda Rosenthal, Behavior Change Specialist, for a 4-part webinar series covering topics in lifestyle change. Better understand your mood and decision-making processes to improve your health. This series is not continuous, so you can attend all sessions or just one.

Navigating the Holidays Healthfully

Friday, November 11, 12:00-1:00p
Set yourself up for success amidst holiday craziness!
To register, click here.

How to Set Sustainable New Year’s Resolutions

Friday, December 16, 12:00-1:00p
The common pitfalls of the New Year and how to change your experience.
To register, click here.
WellCheck Screening Days

Stop by for a biometric screening of cholesterol and blood glucose levels, an InBody scan of fat and muscle mass, and a follow-up appointment with an EDGE Registered Dietitian. Use these key details about body composition to track your health and fitness progress.

Thursday, September 29, 8:15a-4:00p @ UVM Waterman Building, Room 427A

Wednesday, November 16, 8:15a-4:00p @ UVM Employee Wellness Fair in Davis Center Maple Ballroom

Free for UVM Employees! New employees who complete a WellCheck will also receive a $35 Amazon gift card from UVM Employee Wellness.
Nutrition Counseling

The EDGE offers one-on-one nutrition counseling with a Registered Dietitian, membership not required! This service is covered by most health insurers and can help you improve your relationship with food.

Did you know UVM employee insurance covers unlimited nutrition counseling sessions?

Our licensed providers can help you with:

- Intuitive eating & weight management
- Grocery shopping & meal planning
- Finding healthy foods you like

For more information or to schedule an appointment, contact genavix@edgevt.com or 802-951-2320.