

DECEMBER 2022 – ALL ABOUT YOU



THE UNIVERSITY OF VERMONT
EMPLOYEE WELLNESS

Your partner. Your path.

UVM HEALTH & WELLNESS COACHING CONNECTION

Ready to make a lasting change to improve your Health?

Connect to a community dedicated to wellbeing.



What: 12-week Health and Wellness coaching program – 6 weeks of group coaching and 6 weeks of individual coaching

Who: Any employee of UVM and UVM Medical Center

When: Tuesdays from 12-1pm, beginning Jan 31st

Fee: \$25

Fully virtual!



Group and individual sessions take place over Zoom

CAMPUS REC

Employee Campus Rec Tour – join the Employee Wellness Coordinator on Tuesday 12/13 @ noon – [Sign up here!](#)

UPDATE!

[Employee Wellness Group Fitness Schedule](#)

- Regular schedule will conclude on Friday 12/16
- Tuesday 12/20 & Thursday 12/22 @ NOON YOGA -Remote Only
- No classes during break
- January & Spring Schedule coming soon!

INVEST EAP

December Newsletter – [Surviving \(and maybe Thriving\) through the Holidays](#)

[January 2023 Virtual Workshops](#) –

- 1/6 at 8:15am Morning Movement
- 1/12 @12pm Vision Boards

Schedule a meeting with an EAP Counselor, Free and Confidential with the [direct scheduling link](#).

EDGE PREVENTATIVE HEALTH

HEALTHY CARE 90 DAY IN THE NEW YEAR!

- In-person at the EDGE
January 3 – March 28
Tuesdays 5:30-7:30pm
- Virtual via Zoom
January 26 – April 20
Thursdays 12-1pm
- Alumni – Virtual or In-person option
January 11 – February 22
Wednesdays 5:30-7:30pm

VIRTUAL FOOD & MOOD

January 23 – February 27
Mondays 12-1pm

Email genavix@edgevt.com to sign-up

UVM EMPLOYEE WELLNESS CHAMPION

Congratulations to all our UVM Employee nominees and thank you to the colleagues who acknowledged the wellness efforts of their co-workers & admired their commitment, choices, & journey.



"Katie is a full circle of wellness promoter, living by example and supporting co-workers, community and programs around Vermont."

-A. Walker

Katie Black is an Expanded Food and Nutrition Education Program EFNEP Educator for UVM Extension. She accepted her award at the Benefits & Wellness Fair from the Employee Wellness Coordinator.



Recharge and refresh

Whether you've been staring at a screen or going from meeting to meeting, a movement break can help.



Take a movement break with Eve

REFRAMING STRESS

We can't eliminate stress, we can learn to manage it

- [Positive Self-Talk Swap](#)
- [10- Minute Team Trivia Stress Break](#)
- **[SING UP FOR HEADSPACE](#)**

HAPPY NEW YEAR

I am grateful for the many UVM and community partners who support a culture of health and wellbeing for UVM Employees in 2022. I look forward to continued growth and opportunity in 2023.

Have a happy and peaceful break,

Sincerely, Cara Hancy, Employee Wellness Coordinator

For more information about UVM Employee Wellness, visit the website

at www.uvm.edu/hrs/wellness, and join our [list serve](#) to receive the latest news.



The University of Vermont