# DECEMBER 2022 - ALL ABOUT YOU DECEMBER 2022 - ALL ABOUT YOU DECEMBER 2022 - ALL ABOUT YOU DECEMBER 2022 - ALL ABOUT YOU



# **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 -

<u>Surviving (and maybe Thriving)</u> <u>through the Holidays</u>

#### 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 <u>direct scheduling link</u>.

## **EDGE PREVENTATIVE HEALTH**

#### **HEALTHYCARE 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 <u>genavix@edgevt.com</u> to sign-up

## **UVM EMPLOYEE WELLNESS CHAMPION**

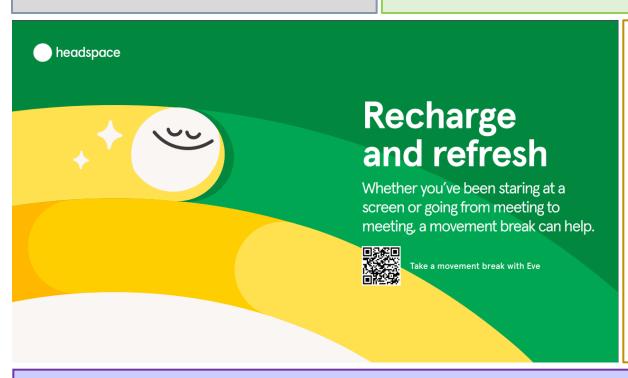
Congratulations to all our UVM Employee nominees and thank you to the colleagues who acknowledged the wellness efforts of their co-workers & admired their commitment, choices, & journey.



"Katie is a full circle
of wellness
promoter, living by
example and
supporting coworkers, 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.



#### REFRAMING STRESS

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

- Positive Self-Talk Swap
- <u>10- Minute</u> <u>Team Trivia</u> 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 <u>www.uvm.edu/hrs/wellness</u>, and join our <u>list serve</u> to receive the latest news.

