

UVM EMPLOYEE WELLNESS CALENDAR – FALL SEMESTER 2022



THE UNIVERSITY OF VERMONT
EMPLOYEE WELLNESS

Your partner. Your path.

Ongoing		
Program/Event	Vendor	Times
Employee Assistance Program (EAP)	Invest EAP	27/7/365 days a year! Call: 1-866-660-9533 www.investeap.org
Employee Wellness Fitness Classes – FREE	UVM Campus Recreation	6 classes weekly – schedule and details online
Headspace Mobile app	Headspace	Unlimited access
Personal Health Coaching	UVM Integrative Health	uvmihinfo@med.uvm.edu
Chiropractic Appointments	Epic Wellness	By appointment - Tuesdays

Start Date	Program/Event	Vendor	Times
September 2022			
September 12	HealthyCare 90 Day Virtual for UVM Employees	EDGE	Mondays at Noon ends 12/12/22
September 8	HealthyCare Alumni Virtual – 7 weeks	EDGE	Thursdays at noon ends 10/20/22
September 13	UVM Health and Wellness Coaching Employee Connection	UVM Integrative Health	Tuesdays at noon, email uvmihinfo@med.uvm.edu
September 14	400 Free Smoothies & Wellness Info Tent	UVM Employee Wellness	10:30am – 1:30pm at Davis Center/Andrew Harris Green
September 23	9/30: Lunch & Learn: Mindfulness & Sport	EDGE	12:00pm via zoom
September 29	Well Checks & follow up dietitian	EDGE	8:15am-4pm in Waterman
September 29	Employee Wellness Champion Nominations Open	UVM Employee Wellness	Nominations welcome through 10/13 www.uvm.edu/hrs/wellness
October 2022			
October 13	Food and Mood, Virtual – 6 weeks	EDGE	Thursdays at noon ends 11/17/22
October 13	Flu Shot Clinic	UVMCMC	Davis Center- Chittenden Bank room 413, 8:30-2:30
October 21	Lunch & Learn: Nutrition impacts on mind/body	EDGE	12:00pm via zoom
October 27	Flu Shot Clinic	UVMCMC	Waterman 427A, 8:30-2:30
November 2022			
November 1	Flu Shot Clinic	UVMCMC	Davis Center- Chittenden Bank room 413, 10am-3pm
November 2	Mini Lunch and Learn: Mindfulness Eating	EDGE	12:00pm via zoom , 30 minutes
November 9	Flu Shot Clinic	UVMCMC	Waterman 338, Memorial Lounge, 10am-3pm
November 16	Employee Benefits & Wellness Fair	UVM Employee Wellness	Davis Center, Maple Ball Room 8am-4:30pm
November 16	Well Checks & follow up dietitian	EDGE	Davis Center, Maple Ball Room 8:15am-4pm
November 16	Flu Shot Clinic	UVMCMC	Davis Center, Maple Ball Room 8am-2:30pm
November 18	Mini Lunch and Learn: Lovingkindness season	EDGE	12:00pm via zoom , 30 minutes
December 2022			
December 9	Mini Lunch and Learn: Chair Yoga	EDGE	12:00pm via zoom , 30 minutes

For details, registration, and program choices, visit www.uvm.edu/hrs/wellness or search “employee wellness” on the UVM website. For other questions, email employeewellness@uvm.edu