

# Employee Wellness @ UVM

UVM EMPLOYEE WELLNESS OPPORTUNITIES – July Newsletter

## Blue Cross & Blue Shield of Vermont Hike, Bike, and Paddle Vermont Photo Contest!

July 16 – July 30

Snap and share a photo of you and your adventure buddies exploring Vermont! 2 randomly chosen participants will win a new kayak set up. Participate by tagging [@bcbsvt](#) or using [#HBPVT](#)

## Estate Planning

Learn more about this important subject at these free virtual workshops. Two workshops available this August:

Estate Planning Essentials,  
Thursday, August 4 @ 12:00pm  
[Register Here](#)

Advanced Directives,  
Thursday August 16 @ 11:00am  
[Register Here](#)

## UVM Professional Development & Training Workshops

Get support for your emotional wellbeing and learn new strategies to help you balance work life and beyond! These workshops are sponsored in collaboration with [Invest EAP](#).

### Defusing Anger and Hostility

July 20<sup>th</sup> 10am-11am, Live Online

[More Details & Register Here](#)

### Burnout is Real: Take Action to Protect Yourself & Your Job

August 24<sup>th</sup> 10am-11am, Live Online

[More Details & Register Here](#)

## **STAFF COUNCIL EVENTS & SUMMERTIME WALKS!**

Don't miss the deadline for special summer offers & join the Social Committee for their walks on campus!

## **EPIC WELLNESS CHIROPRACTIC @ UVM THIS SUMMER**

On campus care every other Tuesday, [Book online](#), new & returning patient's welcome, Mornings in Waterman & Afternoons in Given – 12 visits per year covered by BCBSVT with a \$20 copay

## DRAGON BOAT FESTIVAL – AUG. 7

WANTED: Join Team Groovy UV

[Sign up and join the team!](#)

Your entry fee is funded by the Provost's Office [use code UVMGU50X172]

This year's pledge partner is the Cancer Patient Support Foundation!

UVM Mindfulness  
Meditation with Campus  
Rec – in person

**Wednesdays, 4:45-5:15 FREE**  
@Studio 121 in Fitness Hub of PFG.  
Class is available through Aug 17.

**[Sign up now!](#)**

## PLAN AHEAD – FALL PROGRAMMING DATES COMING SOON!



In Partnership with EDGE Preventative Care we have many options for programming that fit your schedule & goals – reach out and ask how! [employeehealth@uvm.edu](mailto:employeehealth@uvm.edu) and [Genavix@edgevt.com](mailto:Genavix@edgevt.com)

- **HealthyCare 90** – September 12 thru December 12 virtually on Mondays.
- **WellCheck** – In body scan, Biometric Screenings & Dietitian follow ups.
- **Lunch and Learns** – Virtual one-hour workshops to explore and learn.
- **Food and Mood** – Virtual group dietitian 6-week program, starts October 13.
- **Diabetes Next Steps** – 8-week in-person sessions for Type II, starts September 27.

# I'm here if you need to talk

Individual resilience and collective resilience go hand-in-hand.



Practice Self-Love  
with HeadSpace



[Resiliency notes](#) & more worksheets for leaders & employees on [Wellness program site](#), [sign up!](#)

