

SPRING SEMESTER CELEBRATION



WELLNESS WEDNESDAY – SPRING CONNECTION

May 10th – gather, participate, & celebrate with the below activities

11:30am-1:30pm

**Free
Smoothies
for
Employees**



Employee
Wellness is
offering
600 free
smoothies!



Come
gather
with your
colleagues
&
celebrate
the
semester!



Off the walking path
behind
184 South Prospect
Osher Center for
Integrative Health



WELL CHECKS

8:30am-2pm

Biometric Screenings &
InBody Scan – 15 minutes!



REGISTER HERE

1st time participants will
receive a \$25 digital
gift card to
Hannaford's after their
dietitian visit.



In Collaboration Between
UVM's Office of
Sustainability & Employee
Wellness Teams

12pm – 1/1:30pm

Spend a lunch hour in movement for the local
environment with friends & colleagues, Green
Up Bags Available

[Sign Up Here](#) or Show up day of
[Learn More Here – map & routes](#)

40TH ANNUAL VERMONT CORPORATE CUP

UVM Employee Wellness is sponsoring 20 teams of 3 employees!

[Register](#) with us before May 5th to walk or run the 5k!

Share the [flyer](#) & plan your evening in Montpelier on

Thursday, May 11th 2023!

7 TEAM SLOTS REMAIN



GREEN & GOLD FRIDAYS

[Email us](#) a photo of your office mates in Green & Gold, virtually or in-person and Employee Wellness will send you all a coupon for free coffee from Henderson's Café!

INVEST EAP

UVM Employee Assistance Program

24/7 phone line
1-866-660-9533
[Online scheduler](#)

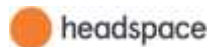
[APRIL Newsletter](#)
[Focus on Sleep](#)

[Virtual Workshops](#)

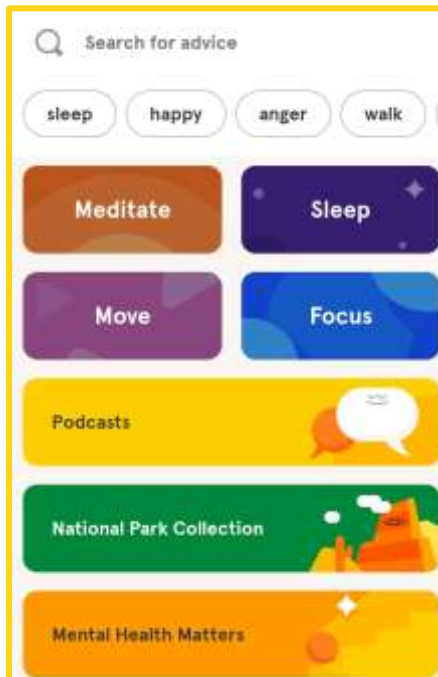


MAY IS MENTAL HEALTH AWARENESS MONTH

- [NHM 2023 Poster Calendar](#)
31 ways to make the work around you work for your mental health
- [988 What you need to know](#)
Vermont Dept of Mental Health
- [Strava Users – Join the L.L.Bean Feel-Good Challenge](#)
to support Mental Health in America, [Prioritizing the Power of Going Outside](#)



Begin (or renew) your Mindfulness Journey
A little bit a day makes the difference



MANAGERS CORNER

[5 Ways to Improve Employees Mental Health](#)

[Invest EAP – Bringing Joy & Fun to the Workplace!](#)

[Headspace – The workplace appreciation challenge](#)

For more information about UVM Employee Wellness, join our [listserv](#), visit go.uvm.edu/employeeewellness or email employeeewellness@uvm.edu



The University of Vermont