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 – 1:15pm
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!

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

Managers Corner
5 Ways to Improve Employees Mental Health
Invest EAP – Bringing Joy & Fun to the Workplace!
Headspace – The workplace appreciation challenge

Green & Gold Friday Fun!

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

For more information about UVM Employee Wellness, join our listserv, visit go.uvm.edu/employeewellness or email employeewellness@uvm.edu

The University of Vermont