

FEBRUARY 2023 SHARE THE LOVE



THE UNIVERSITY OF VERMONT
EMPLOYEE WELLNESS

Your partner. Your path.

Mindful Mondays



START YOUR WEEK FEELING CENTERED
WITH A LUNCHTIME MINDFULNESS
PRACTICE

HOSTED BY PREVENTATIVE CARE DIRECTOR LINDA ROSENTHAL

MEDITATION · BREATHING EXERCISES ·
MINDFUL BODY SCANS · LOVING-KINDNESS

MONDAYS:
2/13, 3/6, 3/20, 4/3, 4/17, 5/1
12:00 – 12:30 PM VIA ZOOM

[REGISTER
HERE](#)

THE EDGE Preventative
CARE
Powered by THE EDGE Total Health Network

THE University of Vermont CANCER CENTER

FEBRUARY IS NATIONAL CANCER PREVENTION MONTH



Experts believe that up to one-half of cancers can be prevented. That's because certain daily habits can make us more likely to get cancer. Changing these habits may help prevent cancer.



[QUIT SMOKING](#)

[MAKE HEALTHY
FOOD CHOICES](#)



[GET REGULAR
CHECKUPS & SCREENINGS](#)

[STAY ACTIVE](#)



[PROTECT YOUR SKIN](#)

Visit UVM Cancer Center to learn more
VermontCancer.org

UVM IN-PERSON MINDFULNESS PRACTICE

Free Mindfulness Meditation - Monday 3:15-3:45
@ Campus Rec Fitness Hub Studio 121

Free for all
No registration or sign-up
Drop in welcome!

For the love of language

When you can communicate how you feel, you improve your ability to manage conflicts and create stronger, more connected relationships with others.

Set some time aside to learn how to be a better communicator.

Search the app for entire courses on Communication and Relationships.

Try these exercises

[Communication \(course\)](#)

Build and nurture supportive relationships as you learn to give and receive constructive feedback.

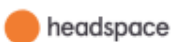
Search for Communication

[Managing Conflict \(meditation\)](#)

Create an environment for productive conversations

Find it under Personal growth

Download the Headspace app at [headspace.com](https://www.headspace.com)



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!

RALLY AGAINST CANCER WINTER 2023

UVM Cancer Center and UVM Athletics in partnership with Mascoma Bank are raising awareness & money. Wear your lavender as a show of support and attend one or more of the following games:

February 18, 2pm – UVM Women's Basketball vs. NJIT

February 18, 7pm – UVM Men's Hockey vs. Northeastern

February 22, 7pm – UVM Men's Basketball vs. Binghamton

Purchase Tickets at: go.uvm.edu/uvmcc-rac

MENTAL HEALTH FIRST AID – A TRAINING COURSE FOR ALL EMPLOYEES

Taught by the UVM Center for Health & Wellbeing, sponsored by UVM Employee Wellness
Identify. Understand. Respond.

[Register Here](#)

- 2 hours of self-paced pre work before the virtual course
- Virtual class time required: March 13 & March 14, 9am-12pm

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



The University of Vermont