

# JANUARY 2023 WHAT MATTERS MOST



THE UNIVERSITY OF VERMONT  
EMPLOYEE WELLNESS

*Your partner. Your path.*

## UVM HEALTH & WELLNESS COACHING EMPLOYEE CONNECTION

Ready to make a lasting change to improve your Health?



**What:** 12-week Health and Wellness coaching program - 6 weeks of group coaching and 6 weeks of individual coaching

**Who:** Any employee of UVM and UVM Medical Center

**When:** Tuesdays from 12-1pm, beginning Jan 31st

**Fee:** \$25

### Fully virtual!

Group and individual sessions take place over Zoom

## WHAT MATTERS MOST IS YOU!

Remember to put time in your busy schedule for you.

Need a little motivation?

Listen to [Deya Smith-Taylor](#), who delivered the [Blue Cross VT Wellness Webinar](#) this week.

Passcode: RX8#D.%G

Working with a Health Coach supports your goals each week!

Free Pass

No advanced sign up - just show up!

## CAMPUS REC

### Employee Wellness Group Fitness Schedule

- Monday 5:15pm Pilates - in person & remote
- Tuesday 12pm YOGA - in person & remote
- Wednesday 5pm Cycling - in person only
- Thursday 12pm Yoga - in person & remote
- Thursday 5pm Strength Blast - in person & remote

## CAMPUS REC TOUR THURSDAY 2/2 @11:15

Wonder where classes are held? Did you know there is an indoor track for walking & a pool for swimming? [Register Here](#)

Come for the tour and stay for the 12pm Yoga!

# EDGE PREVENTATIVE CARE

## HEALTHY-CARE 90 DAY PROGRAM

13 weeks – learn the fundamental aspects of fitness, nutrition, stress management and behavior modification. Offered virtual or in-person.

## VIRTUAL FOOD & MOOD

Begins 1/23 – 8 weeks – learn how to support your mental health and well-being through nutrition.

Email [genavix@edgevt.com](mailto:genavix@edgevt.com) to sign-up or calling 802-951-2320

# INVEST EAP

## February 2023 Virtual Workshops

- 2/3 at 8:15am Morning Movement
- 2/9 at 12pm Receiving Effective Feedback in the Work place
- 2/16 at 12pm Workshop for Manager: What Good Feedback Really Looks like

Schedule a meeting with an EAP Counselor, Free and Confidential with the [direct scheduling link](#).

# UVM EMPLOYEE WELLNESS CHAMPION

Spring Semester 2023

Nominations open March 1 – March 31

Who are your co-workers, supervisors, & peers at UVM working on their path to wellness? Celebrate them & share their story, they could win a \$200 gift card to aid their path.

Happiness matters. It matters to us and those around us. Taking some time for your mind each day can make all the difference.



(I matter!)

headspace

# SHARE JOY THIS MONTH

Here are some easy ways to start

- Text an old friend to see how they're doing
- Thank a coworker who's helped you out recently
- Share something positive online
- Offer to make coffee or tea for a coworker
- Approach meetings with positive expectations

**SIGN UP FOR HEADSPACE TODAY - FREE**

Try meditation for compassion  
(aka loving kindness)

# Wellness Ambassadors Welcome

Get involved and share wellness news, resource & programs with your department & teams.

Faculty & Staff welcome! [Apply Today](#)

# MENTAL HEALTH FIRST AID – A TRAINING COURSE FOR ALL EMPLOYEES

Lead by the UVM Center for Health & Wellbeing, sponsored by UVM Employee Wellness

Registration coming soon: Save the Date for this virtual course during Spring Break  
March 13 & March 14 9am-12pm

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



The University of Vermont