


2023 MARCH INTO APRIL



THE UNIVERSITY OF VERMONT
EMPLOYEE WELLNESS

Your partner. Your path.

 Enjoy a 2-minute story - *To be a happier worker, exercise your social muscle*
by Rhitu Chatterjee, heard on NPR Morning Edition Feb. 21st

WELLCHECK SCREENINGS



Wednesday, April 5th 8:30-2pm

Biometric Screenings & InBody Scan – 15 minutes!

At the UVM Osher Center for Integrative
Health – 148 S. Prospect St (former visitor center)

[**REGISTER HERE**](#)

All employees who sign up will get a new
lunch box & 1st time participants will receive a
\$25 digital gift card to Hannaford's after
their dietitian visit.

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:

4/3, 4/17, 5/1

CATAMOUNT FARM CSA

[Registration for 2023 OPEN!](#)

UVM – grown produce is available
to the public through the main
veggie CSA, or one of their other
many shares!

INVEST EAP

UVM Employee
Assistance Program

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

[March Newsletter](#)

ONSITE

CHIROPRACTIC CARE

By Epic Performance

Every other Tuesday in 2
on-campus locations

[Info & Registration](#)

40TH ANNUAL VERMONT CORPORATE CUP

UVM Employee Wellness is sponsoring 20 teams of 3 employees!

[Register](#) with us before May 1st to walk or run the 5k!

Share the [flyer](#) & plan your evening in Montpelier on
Thursday, May 11th 2023!



GROUP FITNESS WITH CAMPUS REC

Employee Wellness Classes continue through the semester, with the free pass. No reservations, walk in and work out!

[Live schedule & details here](#)

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 5:05pm Strength Blast - in person & remote

[Semester Pass](#)

[Price Drop](#)

now \$75 for
unlimited
classes
through
5/12/23

UVM EMPLOYEE WELLNESS CHAMPION SPRING 2023



Nominate your
coworker who is on a
wellness journey!

APRIL 1 -21ST

[Share](#) & [Nominate!](#)



MOVE TO FEEL GOOD

April 10-May 12, 2023

[Register for the 5-week campaign!](#)

Join the campaign and receive weekly emails from UVM Employee Wellness to learn movements, daily strategies, and alternative methods to support you living with increased energy and feeling the best in your body.

A Bingo card completion will be rewarded with a \$25 Hannaford gift card & other swag!

All are invited to attend Move to Feel Good with Dr. Wendy Mehaffey of Epic Performance on April 18, at 11am

[Register Here](#)

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!



Center for Biomedical Shared Resources



Admissions

Green & Gold Friday Fun! Keep them coming!



Nursing Dept.



Grossman & Residential life



Treasury



Clinical Trials



SAVE THE DATE

5/10 @ LUNCH TIME

WELLNESS WEDNESDAY SPRING CONNECTION

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



The University of Vermont