



SEPTEMBER 2023



Enjoy these resources and events below,
in honor of [National Self Care Awareness Month](#) – build
your calendar in September to focus on your wellness.

MOVEMENT

- Campus Rec tours! [sign up here](#) and meet in the main lobby of Patrick gymnasium! 9/6 @ 4:30 & 9/14 @ 11:30
- 50% off employee passes continue to be available. [More info and how to purchase here!](#) A pass is required to participate in group fitness.
- Staff Appreciation Week!
 - Week 9/11-9/15 all Noon Classes are FREE to Employees!
 - Tuesday 9/12 all classes all DAY are FREE to Employees!
 - [Schedule](#) your workout!
- Looking for movement breaks during your workday? [Born to Move, Told To Sit, Movement Challenge](#) with Laura Putnam, CEO of Motion Infusion is offering a September Challenge. Sign up and receive 3-5 actions in your inbox per week to support your health through movement. Choose to option in on your own or sign up as a department and do it together!

HEALTH COACHING

- [UVM Health and Wellness Coaching Employee Connection](#) begins 9/12, sign up to work with a health coach, explore the wellness wheel, and set your own goals.

SOCIAL CONNECTION

- 9/15 12-2pm: Visit us at The Osher Center for Integrative Health and enjoy a [FREE Smoothie for Faculty & Staff!](#) (and lots of other fun events during [Staff Appreciation Week](#))
- Email employeeewellness@uvm.edu for a calendar invite to share with colleagues!

COMING SOON!

- [Mental Health First Aid Course](#) 9/28 & 9/29 8am-12pm – Registration OPEN!
- Flu Shots 10/10-11/18
- Simple Steps to a Good Night Sleep Campaign

HEALTH ASSESSMENT & NUTRITION

- On-Site Well Check – Friday 9/15 8am-2:30, 15 minute appointment available [here](#). [Why sign up?](#) These well-checks can take place anywhere on campus, consider coordinating with Employee Wellness to offer them closer to your employee. 1st time participants receive a \$25 Hannaford gift card after completion of the
- [HealthyCare 90](#) Virtual – Wednesdays 9/6-11/29 at noon via zoom, 13 week program, \$25 for UVM employees with BCBSVT insurance (and insured family members!) Check out the [flyer](#) and sign up

MENTAL HEALTH & STRESS MANAGEMENT

- Headspace for UVM Employees has 60 open memberships available – [Sign up here](#)
- [Invest EAP](#) – free, confidential assistance for Employees, explore their web site (set up an account! Code UVM), invite them to your team meetings so all employees are aware, check out their [virtual webinars](#), and call 24/7: 1-866-660-9533
- Action for Happiness – [Self Care September Calendar](#)
- [Mindful Mondays](#) – give yourself 30 minutes to quiet your mind and be guided through an experience via zoom

CONTINUE LEARNING

- The University of Vermont (UVM) Cancer Center is proud to host the 26th **annual Women's Health and Cancer Conference**. Join us on Friday, September 29 online or on campus as we explore the *Changing Landscape of Cancer*. The conference is free! Learn more and register on our website. <https://go.uvm.edu/whcc23>
- [Managers as Multipliers of Well-Being](#) on [LinkedIn Learning](#) free for all UVM employees – this class is a great introduction for Managers taught by Laura Putnam of Motion Infusion

COMMUNITY & NATURE

- Blue Cross Blue Shield of Vermont [Apple Days 2023](#) – sign up to win a free Peck of apples at local orchards! Sign up before end of day Monday, 9/11.

[GO.UVM.EDU/EMPLOYEEWELLNESS](https://go.uvm.edu/employeehealth)