



# EMPLOYEE WELLNESS

University of Vermont

## APRIL

It is already April! Can you believe it? We have several continued opportunities this month along with a special event you won't want to miss! This year for National Walk @ Lunch Day you have the opportunity to win a prize with only a selfie!



### Nutrition to Prevent Injuries & Stress

When: Tuesday, April 24 @1pm

Where: Mildred Livak Room (Davis 419)

Discover how your nutritional choices can aide in preventing injury and stress!

[Register today!](#)

### National Walk @ Lunch Day

When: Wednesday, April 25 @ 11:30-1:30

Where: Tent on The Green (In front of Waterman)

Selfie Contest: [Click here for details!](#)



### Free Stretch Class: Employee ONLY

When: Thursday 2:30-3:30

Where: Waterman 427A

Discover the wonder of stretching during the afternoon struggle. This class will help you relax and recharge to help you finish strong. Come as you are!

## ANNOUNCEMENTS



### Campus Walking Routes

There are several routes right here on-campus!

Click the title to download the map!

### Reminders



Wellness Environment  
4.20.18 -5K



Corporate Cup

5.17.18 -5K

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[www.uvm.edu/hrs/wellness](http://www.uvm.edu/hrs/wellness)