



# EMPLOYEE WELLNESS

University of Vermont

## April 2019



### UVM WE 4.20 5K for Wellness

Join the Wellness Environment (WE) on Saturday, April 20<sup>th</sup> for their annual 5K!

- Free post-race event including food trucks, local businesses, and other family-friendly activities
- Stop by the Employee Wellness tent to be entered into our raffles

Sign up at [go.uvm.edu/we5k](http://go.uvm.edu/we5k)!



### National Walk@Lunch Day

April 24<sup>th</sup>, 11:30am-1:30pm

Join Employee Wellness for National Walk@Lunch Day! Stop by our table on the University Green in (front of Waterman) for snacks, stickers, and walking maps! Be sure to enter into our creative team selfie contest for the chance to win a \$50 gift card to Skirack!

Visit our [website](#) for more information!



### UVM Community Supported Agriculture Shares

Summer and Fall Shares!

- Vegetable, apple, and flower shares
- Enjoy the convenience of these campus drop off sites: Jeffords, Waterman, and Continuing and Distance Education offices
- To register, visit the [Horticulture Research and Education Center](#) website!



UVM Employee Wellness invites you to participate in My Journey, a goal setting incentive campaign. My Journey runs through April and concludes in May.

Further your personal wellness by setting a goal today! Participants will receive a \$35 Amazon gift card upon completion.

Log on to the [BlueCross BlueShield portal](#) to complete! Contact Employee Wellness for more information.

### Contact

Phone: 802-656-3150

E-mail: [wellness@uvm.edu](mailto:wellness@uvm.edu)

Webpage:

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