



EMPLOYEE WELLNESS

University of Vermont

DECEMBER



December Nutritional Lunch & Learn

Come learn about how to maintain your metabolism, pre and post exercise eating and hydration, as well as advice on how to best fuel your body for your activity level. Please remember to bring your lunch to enjoy!

- When: December 11th from 12-1 pm
- Where: Waterman 338 (Memorial Lounge)

Visit the [Employee Wellness News and Events page](#) to [register!](#)



Focus Five is drawing to an end! 2018 Incentive Program

Thank you to all who have participated in our Focus Five Challenge! We still have prizes available, so if you have not yet completed your Focus Five, be sure to complete it by December 21st!

Please visit Employee Wellness to [complete!](#)



Local Discounts

Did You Know?

We are excited to share the growing partnerships we have developed for UVM employees. Be sure to check out our [discounts page](#) to view new additions!



Campus Rec Holiday Hours

Make note of changes in facility hours, as well as some closures, over the holidays.

Take note of their holiday schedule [here](#).

Employee Wellness Fitness Classes: Ending for this Semester

Our free Employee Wellness drop-in group fitness classes will wrap up on Friday, December 14th.

Stay tuned for exciting new offerings for the Spring semester!

Contact

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Webpage:

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