



# FEBRUARY

## Welcome to the Employee Wellness Newsletter

Each month, this newsletter will keep you informed about the many exciting additions to the Employee Wellness program @UVM! We will share highlights for the month, local activities you can be involved in and ways to connect on-campus.

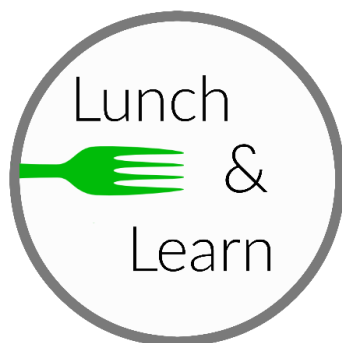
## What's New?



### FREE Employee Wellness Classes

[See full schedule online!](#)

Presented in partnership with Campus Rec.



### Wellness Lunch & Learn: Session 1

When: Tuesday, February 20 (1-2)

Where: Waterman 338 (Memorial Lounge)

Topic: Real Answers to Weight Loss

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

### Wellness Information Session

When: Wednesday, Feb. 28 (12-1)

Where: Waterman 338 (Memorial Lounge)

[Register Now](#)

About: Connect with the wellness resources available to UVM employees.



## DID YOU KNOW?



Musculoskeletal Health

Over 40% of UVM's population is effected!

## Coming Soon

**edu@uvm**  
*Educate. Develop. Understand.*

March 13<sup>th</sup> - 15<sup>th</sup>

- Body@Work
- Stress Management
- Nutrition
- Parenting

Registration Opens  
February 15<sup>th</sup>



March 22<sup>nd</sup> & 23<sup>rd</sup>

## Contact

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Visit our website @

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