



EMPLOYEE WELLNESS

University of Vermont



February 2019



Chiropractic Care at UVM

NEW Location!

Epic Wellness is offering chiropractic services in a new location on campus!

- Given Building B307
- Tuesdays 10:30am-12:30pm

[Schedule an appointment!](#)

Did you know?

BCBSVT offers members a 24/7/365 solution to see a provider. [See the flyer for more details!](#)

Understanding all of your options can save you time and money as you choose the proper [level of care](#).



Nutritional Lunch & Learn

Fact or Fiction: Debunking Weight Loss Myths

There is so much nutritional information available to us that it can feel overwhelming. Come learn about what's best for your body and how to sift through the endless nutrition opinions.

- Thursday, February 28th 12-1pm
- Memorial Lounge (Waterman 338)

[Register](#) here!

March Group Fitness

The registration for the free March group training series is open! Sessions are a first come first serve basis!

See the [Wellness@Work](#) page for more details and other great opportunities!



Upcoming Biometric Screenings

Don't Miss This Opportunity!

UVM Employee Wellness will be offering biometric screenings on campus in March. Stay tuned for more details or visit our [website](#) for updates!

Contact

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