



# EMPLOYEE WELLNESS

University of Vermont

## January 2019

### Happy New Year!



### Free Employee Classes Return!

#### Yoga

Monday & Wednesday 12-1pm

#### Zumba

Wednesday 4:45-5:45pm

#### Small Group Personal Training

Monday 5-6pm & Thursday 4:30-5:30pm

See the [Wellness@Work](#) page for details!



### Nutritional Lunch & Learn

#### Disordered Eating: A Spectrum

When does mindful eating cross a line to obsession? Come learn how to truly eat with balance and eat the foods you enjoy.

- Wednesday, January 16<sup>th</sup> from 12-1pm
- Memorial Lounge (Waterman 338)

[Register](#) today!



### Chiropractic Care at UVM

#### Did You Know?

Every Tuesday a chiropractor from Epic Wellness comes to UVM to provide services.

- Tuesdays from 7-10am
- Waterman 123D

[Schedule an appointment!](#)



### Take a tour of Campus Rec!

Campus Rec is offering monthly tours to faculty and staff. Come see all that Campus Rec has to offer you!

- Tours occur on the 2<sup>nd</sup> Tuesday of every month through June. See the [calendar](#) for specific dates.
- Meet at 12:15pm in the Patrick Gymnasium Lobby for a 30 minute tour.

### Contact

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Webpage:

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