



EMPLOYEE WELLNESS

University of Vermont

JUNE



On-Site Care

“At Epic Wellness, we focus not only on relieving pain, but also making your whole body perform at its best.”

Tuesdays: 2:30-5:30, Rowell 026
12:00-2:00, Waterman 419

[Register for your session today.](#)



Core Strength & Flexibility Classes

On-site Classes

Would you like to feel energized and reduce risk of injury? Come join us on your journey with wellness! This is a great community for people of all fitness and experience levels. (Drop Ins Welcome)

Contact: Wellness Ambassador- [Janet Franz](#)

Details: Mon & Wed. 12-1, Rowell 032

Cost: \$5 per class

Nutritional L&L

Breaking Free from the Diet Mentality

When: June 19 (12-1)

Where: Memorial Lounge (Waterman 338)

[Register here.](#)



Better Beginnings

Better Beginnings uses health management tools to offer you prenatal and postnatal support.

[Click on the attachment to discover more!](#)



All Trails

Utilize this fantastic guide to discover all types of trails wherever you are.

www.alltrails.com



Employee Classes

Closed for summer.

Follow the link to discover [Campus Rec's summer opportunities.](#)

Contact

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