MARCH

Employee Wellness is excited to announce the launch of Epic Stretch, a virtual stretch program! This month we also have some great educational opportunities with EDU@UVM.

Get connected today!

What’s New?

**Epic Stretch: Virtual Stretching**
When: Launched March 1
Where: Employee Wellness Website

Would you like to make your day Epic? Join us in Epic Stretch. A new online resource for university employees!

**Epic Wellness: On-Site Chiropractic Care**
When: Launched March 6th
Where: Patrick Gym & Waterman

Details

Reminders

Wake Up to Wellness: 03.14.18
Register Now!

Blackboard Jungle: 03.23.18
Register Now!

Nutritional Counseling
UVM BCBS plan covers three nutritional counseling visits per calendar year!

Coming Soon
Nutrition: Prevent Injuries & Stress 04.24.18

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