



EMPLOYEE WELLNESS

University of Vermont

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

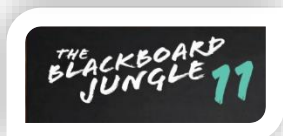
[Details](#)

Reminders



Wake Up to Wellness: 03.14.18

[Register Now!](#)



Blackboard Jungle: 03.23.18

[Register Now!](#)

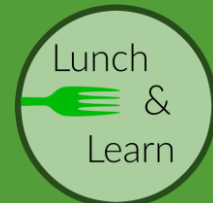
DID YOU KNOW?



Nutritional Counseling

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

Coming Soon



Nutrition: Prevent Injuries & Stress
04.24.18



Nat'l Walk @ Lunch Day
04.25.18

E-mail: wellness@uvm.edu

Phone: 802-656-2696

Visit our website @
www.uvm.edu/hrs/wellness