



EMPLOYEE WELLNESS

University of Vermont

March 2019

Upcoming Biometric Screenings

UVM Employee Wellness is offering biometric screenings on campus – [sign up today!](#)

- Thursday, March 14th, Mann Hall
- Friday, March 15th, Waterman
- Monday, March 18th, Davis Center
- Wednesday, March 27th, Kalkin

EDU@UVM

Employee Wellness partners, the Kahm Clinic and Epic Wellness, are presenting on March 13th during edu@uvm!

- The Body at Work: Ergonomics and Posture (March 13th, 9:45am-10:45am)
- Diets May be Causing More Harm than Good (March 13th, 11:00am-12:00pm)

[Register](#) here!

Save the dates!

National Walk at Lunch Day (April 24th)

Join Employee Wellness for this annual National Walk at Lunch Day!

4/20 5k for Wellness (April 20th)

UVM's Wellness Environment (WE) is inviting employees to participate in this free 5K!



Coming Soon!

This April, the Employee Wellness Program will be launching its goal setting incentive campaign: *One Goal, One Step, My Journey*. Create your goal and take steps toward your wellbeing! Prizes will be awarded to all who complete this campaign. After reaching 300 participants, 5 grand prize winners will be picked!

More info coming soon!

Contact

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