



EMPLOYEE WELLNESS

University of Vermont

MAY

Summer is in the air! In our summer newsletters, we will be highlighting some local and on-campus opportunities. The 2017-2018 year has been one for the record books in regards to Employee Wellness. Each and every one of you have been a part of this year's success. Thank you for engaging in the Employee Wellness community that continues to develop.

ANNOUNCEMENTS



Integrated Health Programs

BCBS registered nurses and licensed social workers will create treatment plans and coordinate resources that improve care for each participant.

* Review the attached document for more details



NW@LD Selfie Contest Results

National Walk @ Lunch Day was extremely successful. UVM had the greatest number of participant's state wide! The selfie contest has been very challenging to judge due to the marvelous entries. A big thanks to our partners @ BCBS that assisted in judging.

[Find out which photograph won](#)

Local Events



Summer Farmers Market

Opening Day: May 12th

When: 8:30am-2:00pm

Where:

City Hall Park & St. Paul Street

www.burlingtonfarmersmarket.org

E-mail: wellness@uvm.edu

Phone: 802-656-2696



Greenride Bikeshare

UVM Affiliate rate of \$25 per year.

Includes: 1hr of free riding every day.

Bikes available at locations across the country.

[Click here for details](#)



Campus Rec: FREE WEEK

When: May 14th-18th

Where: Campus Recreation

All [group fitness classes](#), all week are free.