



EMPLOYEE WELLNESS

University of Vermont

May 2019



Employee Wellness Fitness Classes

Group Training & Zumba coming to an end for the Summer!

- Group Training will resume in the Fall
- Yoga class will continue on Mondays & Wednesdays from 12-1pm
- Visit our [website](#) for information on yoga location!



Core Strength and Flexibility

Core Strength and Flexibility Class!

- Where: Rowell Building 032 (stay tuned for updates)
- When: Mondays & Wednesdays from 12-1pm
- Drop-ins welcome! Suggested \$5 donation
- To receive updates, schedule changes, or fitness tips join the [listserv](#) or email wellness ambassador, [Janet Franz!](#)

Faculty/Staff Tours of Campus Recreation

Join us for a 30 minute tour of the facility!

- Where: Meet in the Patrick Gymnasium Lobby
- When: May 14th and June 11th, 12:15-12:45pm
- For more information, visit our [website!](#)



Goal Setting Workshops & Health Coaching

UVM Employee Wellness invites you to participate in our FREE Goal Setting Workshops starting on May 2nd!

- Identify health-related goals
- Discussions on navigating obstacles and challenges
- Follow up health coaching sessions

Please register by visiting the [BlueCross BlueShield Portal!](#)

Contact

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Webpage:

www.uvm.edu/hrs/wellness

