



EMPLOYEE WELLNESS

University of Vermont



FREE Employee Classes

Simple Strength
Tuesdays 4:30-5:30pm

Stretch it Out
Wednesdays 12pm & 12:30pm

Cycling
Fridays 6:30-7:30am

[Click here for details](#)

Monthly Tours of Campus Rec

Come see all that Campus Rec has to offer you!

- Tours occur on the 2nd Tuesday of every month. See the [calendar](#) for specific dates
- Meet at 12:15pm in the Patrick Gymnasium Lobby for a 30 minute tour

Contact

Phone: 802-656-3150

E-mail: wellness@uvm.edu

Webpage:

<https://www.uvm.edu/hrs/wellness>

OCTOBER



Focus Five

2018 Incentive Program

Employee Wellness is thrilled to announce the launching of Focus five incentive program. Discover all the details in the [Focus 5 Tracker](#) booklet. The first 555 participants win a prize! (Awarded weekly) Complete your Focus Five by December 21st!

UVM Flu Shot Clinics

It's already time for flu shots! UVM has scheduled clinics on the following dates:

- Friday October 19th
- Monday, October 22nd
- Friday, November 9th

[Click here](#) for locations, times and forms to fill out ahead of time.

Steps to Wellness

Did You Know?

October is breast cancer awareness month. Did you know that [Steps to Wellness](#) Oncology Rehabilitation is a *FREE* 12 week exercise program? Originally started for individuals with breast cancer, it has since become available for survivors of all cancer types!

