



UVM Employee Wellness Calendar: January – June 2021

Start Date	Program/Event	Presenter	Times
January 2021			
January 19	Food & Mood	The Edge	Tuesdays 12-1pm for 8 weeks
January 20	HealthyCare 90 Day Program	The Edge	Wednesdays 12-1pm for 13 weeks
January 21	Lunch & Learn: Creating Sustainable Habits	The Edge	Thursday 12-1pm
Weekly	Yoga Flow	Campus Recreation	Mondays & Thursdays 12-12:45pm
Weekly	Group Training	Campus Recreation	Tuesdays 5:10-5:55pm
Weekly	Strength Blast with Bands	Campus Recreation	Thursdays 5:10-5:55pm
Weekly	Mat Pilates	Campus Recreation	Fridays at 12-12:45pm <i>*change in Feb</i>
February 2021			
February 2	HealthyCare 90 Day Program	The Edge	Tuesdays 12-1pm for 13 weeks
February 8	Next Steps Diabetes Program	The Edge	Mondays 12-1pm for 8 weeks
Weekly	Yoga Flow	Campus Recreation	Mondays & Thursdays 12-12:45pm
Weekly	Group Training	Campus Recreation	Tuesdays 5:10-5:55pm
Weekly	Strength Blast with Bands	Campus Recreation	Thursdays 5:10-5:55pm
Weekly	Mat Pilates	Campus Recreation	Fridays 4:15-5pm
February 18	Lunch & Learn: Nutrition 101	The Edge	Thursday 12-1pm
March 2021			
March 16	Laura Putnam: Love and Life in the Time of COVID-19	Motion Infusion	Tuesday 12-1:30pm
March 16	Food & Mood	The Edge	Tuesdays 12-1pm for 8 weeks
Weekly	Yoga Flow	Campus Recreation	Mondays & Thursdays 12-12:45pm
Weekly	Group Training	Campus Recreation	Tuesdays 5:10-5:55pm
Weekly	Strength Blast with Bands	Campus Recreation	Thursdays 5:10-5:55pm
Weekly	Mat Pilates	Campus Recreation	Fridays 4:15-5pm
March 18	Lunch & learn: Label Savvy	The Edge	Thursday 12-1pm
April 2021			
April 12	Next Step Diabetes Program	The Edge	Mondays 12-1pm for 8 weeks
April 15	Lunch & learn: Get Moving	The Edge	Thursday 12-1pm
April 21	HealthyCare 90 Day Program	The Edge	Wednesdays 12-1pm for 13 weeks
Weekly	Yoga Flow	Campus Recreation	Mondays & Thursdays 12-12:45pm
Weekly	Group Circuit Training	Campus Recreation	Tuesdays 5:10-5:55pm
Weekly	Strength Blast with Bands	Campus Recreation	Thursdays 5:10-5:55pm
Weekly	Mat Pilates	Campus Recreation	Fridays 4:15-5pm
TBA	Laura Putnam: Me at My Best	Motion Infusion	TBA
May 2021			
May 11	Food & Mood Program	The Edge	Tuesdays 12-1pm for 8 weeks
Weekly	Yoga Flow	Campus Recreation	Mondays & Thursdays 12-12:45pm
Ends May 25	Group Circuit Training	Campus Recreation	Tuesdays 5:10-5:55pm
Ends May 27	Strength Blast with Bands	Campus Recreation	Thursdays 5:10-5:55pm
Ends May 28	Mat Pilates	Campus Recreation	Fridays 4:15-5pm
May 20	Lunch & learn: Stress Management	The Edge	Thursday 12-1pm
June 2021			
Weekly	Yoga Flow	Campus Recreation	Mondays & Thursdays 12-12:45pm
June 17	Lunch & learn: Self Care	The Edge	Thursday 12-1pm

Class & Event Information:

Food & Mood: Starting January 19, 2021

Join Allison Filepp, EDGE Registered Dietitian for this comprehensive program focusing on supporting your mental health and well-being through nutrition. This program includes weekly group educational sessions along with three 1-on-1 tele nutrition sessions. Program Cost: \$20 with UVM Healthcare plan.

HealthyCare 90 Day Program: Starting January 20, 2021

This online program includes 13 weeks of one hour long group sessions with your Certified Wellness Coach, 3 one-on-one sessions with a Registered Dietitian as well as weekly whole foods meal plans and hundreds of recipes! You will learn the fundamental aspects of fitness, nutrition, stress management and behavior modification. Program Cost: \$25 with UVM Healthcare plan.

Creating Sustainable Habits: January 21, 2021 Lunch & Learn

Join the EDGE Preventative Care team for this webinar about creating sustainable lifestyle changes to meet your wellness goals and stick to your New Year's resolutions. Learn tangible tools to implement into your routine including positive self-talk, dichotomous thinking, habit stacking, and more.

For details, registration and program choices, go to <https://www.uvm.edu/hrs/wellness> or search "employee wellness" on the UVM website. For other questions, feel free to email EmployeeWellness@uvm.edu.

