



The University of Vermont

To: UVM Faculty and Staff
From: Jes Kraus, Chief Human Resources Officer
Date: September 14, 2020

Re: Flu Shots and Fall Wellness Activities

Flu Shots - As we continue to deal with the threat of COVID-19, getting annual flu shots is more important than ever. To encourage and promote participation in furtherance of our community's health and safety, UVM has doubled the number of on-campus opportunities to get flu shots this year. Flu shots will be available to all employees and dependents from 8:00 a.m. – 5:00 p.m. in Waterman 427A on the following dates (please bring your medical insurance ID card – UVM and non-UVM allowed): October 15, 16, 20, 22, 23, 28, 30, and November 9. Please note that registration is required to help ensure appropriate social distancing. A registration link will be made available the week of September 28).

Campus Recreation happenings - Campus Recreation is pleased to offer a wide range of in-person and remote fitness classes during the fall 2020 semester. Visit the [Campus Recreation Employee Wellness page](#) for more information and to register. Employee Classes are free for faculty and staff and include in-person and remote options. Employees can also purchase a subsidized Group Fitness semester pass for \$75 (Valued at \$95). The pass provides unlimited access to the Group Fitness classes including In-Person *live* instructor classes, In-Person *virtual* Les Mills classes, and Remote Group Fitness classes.

Virtual HealthyCARE⁹⁰ 90 Day Program

This new program includes 13 weekly group sessions led by a Certified Wellness Coach on topics related to fitness, nutrition, stress management and behavior modification. The class runs September 22-December 15. Interested employees can participate in an information session on September 15 or view a prerecorded session for more details. Visit our [website](#) for more information and to register.

New UVM Personal Health Coaching available – If you are ready to make a lasting change in your health and wellbeing this may be for you! Sign up for free sessions with a personal integrative health and wellness coach trainee to find strategies for improving your physical fitness, nutrition, mind-body health, relationships, sleep, work-life balance or personal development. Visit our [website](#) for more information.

If you have other questions about employee health and wellness offerings at UVM, please contact Britta MacAlpine at EmployeeWellness@uvm.edu or call 656-3150.