



THE UNIVERSITY OF VERMONT
EMPLOYEE WELLNESS

Your partner. Your path.

UVM TEAM WELLNESS PHOTO CHALLENGE

NATIONAL WALK @ LUNCH DAY 4/24

Consider the strenghts and logistics of your team, engage in wellness together in many forms, both Virtual or In-person options:

*gratitude writing * mindfulness video/playlist * vision board creating * meal menu creating * recipe share * yoga class * walking meeting * fitness class * dancing * strength training * stretching * meal sharing * bring your own lunch * grab something on campus * bring something to share * volunteer together**

Join us & bring your team

MAY 1st 11:30 - 1:30

EMPLOYEE WELLNESS SPRING SEMESTER CELEBRATION

at Osher Center for Integrative Health

Enjoy: Free Smoothies, Seed give aways, Herb Tasteing, Sign up for a green up walk, Sign up for a Well-Check..... and more!

- Be creative, incorporate connection with the team, make it fun, & take a photo (or screen shot!)
- Anytime in the weeks of 4/22 - 5/3 take a walk or engage in a different wellness activity
- By Monday 5/6 submit your photo, team names, and contact information to employeeewellness@uvm.edu
- Coupons for a free coffee or tea at Henderson's Cafe will be sent to your team

For more detail, please visit
go.uvm.edu/employeeewellness



Email us at employeeewellness@uvm.edu



THE UNIVERSITY OF VERMONT
EMPLOYEE WELLNESS

BE WELL VERMONT

a NEW wellness platform
for employees