

# Strive for a Healthier U Month



*Join us for a month of healthy events, prizes and giveaways for UNCG employees only!*

## **Beginning in October—ActiveU Free Employee Group Fitness !**

Kick off our new expanded FREE employee group fitness classes!  
For details and a full schedule, visit [healthy.uncg.edu/programs/fitness](http://healthy.uncg.edu/programs/fitness)

## **10/13—DeStress with Pets! Faculty Center, 11:30 am—2:00pm (floating)**

Come pet away your stress with the therapy dogs from Pet Partners International!

## **10/20—Employee Week of (Indoor) Play, McIver 222, floating—see website for hours**

Play while you work! Get inspired! Be creative! Relieve stress! Stop by the UNCG Life Design Center to color, build with Legos, create a vision/dream board, play games, and more!

## **10/ 24- 28 Days to a Meaningful Life, McIver 222, 12:00-1:00pm**

5 week work/life balance workshop beginning Monday, 10/24. define your values, your talents and gifts, your interests, and your audience, then define the meaningful work you're here to do. Space is limited! Please sign up by emailing [healthy\\_uncg@uncg.edu](mailto:healthy_uncg@uncg.edu)

## **10/ 24— Autumn Harvest Time: Cooking Local, Seasonal, & Healthful Cooking Demo & Dinner, Stone Building Room 303. 5pm-6:30pm**

Tired of the same meals? Need some new ideas for lunch or dinner? Come join us for a cooking demonstration and taste some exciting fall recipes from nutrition experts in the Department of Nutrition. Dinner Provided!

There will be a \$5 fee per person. To register email [healthy\\_uncg@uncg.edu](mailto:healthy_uncg@uncg.edu). RSVP by 10/19

## **10 /24, 10/25, 11/3—Take the PWP at the University Flu Clinic, 9am-4:30pm**

Learn more about your health by taking the Personal Wellness Profile and receive a free tshirt!

- 10/24 & 11/3– EUC, Kirkland Room
- 10/25– Campus Supply Room
- Or go online to [healthy.uncg.edu](http://healthy.uncg.edu) and click on Personal Wellness Profile!

**For More Information:** Please visit [www.healthy.uncg.edu](http://www.healthy.uncg.edu)