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

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_ung@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_ung@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 and click on Personal Wellness Profile!

For More Information: Please visit www.healthy.uncg.edu