HealthyUNCG

What is offered on campus?
EUC Main Food Court:
- Build Pizza by Design
- Create
- Burger 336
- nOma & co.
- Salarititas
EUC Lower Level:
- Chick-fil-a
Moran Commons:
- Fountain View Cafeteria
- Wingstreet & Taco Bell

Winter 2018 Newsletter

- Employee Wellness Month Highlights
- Nutrition Consultations and Health Coaching
- Winter Break Updates
- Dealing With Financial Stress During the Holidays
- Community Happenings
Employee Wellness Month
Highlights

Thank you UNCG employees who celebrated with us!
Wellness

Nutrition

HealthyUNCG offers one on one consultations with a registered dietitian

Cari Culp, RD will be ONSITE throughout the month to assist you individually with meeting your nutrition goals! Cari is now serving 4 locations: EUC, Kaplan Center, Becher-Weaver, and Gateway Research Park! Visit Cari wherever most convenient! If you are in an off-campus location and are interested in Cari’s services, click below.

Schedule your appointment today!

November Workshop: Overcoming Emotional Eating

Is emotional eating getting in the way of your weight loss goals? Discover the psychological and biochemical reasons we eat based on our emotions and learn some tips and tricks to eat more intuitively.

November 29th
Kaplan Center - Meeting Room B
12:30-1:30 pm

Register here

Health Coaching

Health Coaching is designed to help you create lifestyle change goals and reach these goals through your own personal accountability plan. Health coaching is an effective to help you with your overall health & wellness, for example to add movement and energy into your life, lose weight, manage a chronic condition, find work-life balance, etc.

HealthyUNCG health coaches meet with clients in a variety of convenient locations including:

- Coleman Building (Walker Ave.)
- Bryan School of Business (Stirling St.)
- Kaplan Center for Wellness (Gate City Blvd.)
- Gateway University Research Park (Summit Ave.)

Schedule your appointment today!
Winter Break Updates

Fitness Lending Library

November 29th will be the last day FLL will be available. Please request any items before this time to be able to use during winter break!

Click HERE for request

Kaplan Center

Please be aware that facility hours will change during winter break

November 22-24 Closed
December 24- January 1 Closed

Group exercise classes will continue to run on academic schedule through Reading Day (11/29/18) and there will be an alternative schedule during finals week.

For scheduling updates click here
How to Deal with Holiday Financial Stress

**Stessor No. 1: Buying multiple gifts for the same person**

Solution: Suggest a gift exchange instead. If making your gift isn't an option due to your lack of artistic skill, you could always give someone the gift of time.

**Stessor No. 2: Traveling for the holidays**

Solution: If you’re intent on traveling, book your airline reservations well in advance and take advantage of traveling in off-peak hours when flights are cheaper.

**Stessor No. 3: Waiting last-minute to shop**

Solution: Create a plan. Stick with the list and create a schedule that allows you to complete shopping two weeks before you are exchanging gifts. Use online shopping to avoid long lines and crowds. Just remember to order in time!

**Stessor No. 4: You may not have enough money to spend**

Solution: Create a budget to determine if you have money to spend during the holidays. Saving a little bit each month can decrease stress when it comes time to holiday shopping.
The Greensboro Children's Museum

The Greensboro Children's Museum engages children and families of all ages in hands-on, fun learning experiences, which contribute to their growth and development through play, creation, outdoor exploration and STEM activities.

This November, UNCG is invited to enjoy GCM’s programming at a discount rate.

For a limited time: UNCG employees and their families can enjoy 30% off any November class by using promo code SPARTAN18.

Click here to learn more!

Vintage Viands

Come on out to the Greensboro Farmers Market and Deep Roots to experience all the goodness that vintage pamphlets have to offer. There will be vintage kitchen utensils to browse, the online collection to flip through, and recipe cards for you to collect at each event.

From delicious cakes to savory dinners and interesting aspic concoctions, this FREE online resource has something for everyone. Swing by and say "hi," sample recipes, and pick up ingredients to try the recipes while you are at it!

November 7th, 14th 8:00 am-12:00 pm- Greensboro Farmers Market  
November 30th, December 7th 10:30 am-3:30 pm- Deep Roots
HealthyUNCG would like to wish everyone a safe and happy holiday season! We look forward to bringing you many more opportunities for wellness and self care in the 2019 year!

Stefanie, Shannon, & Zach