Providing UNCG employees with information, programs, and services that help to promote a happy, healthier lifestyle and a better quality of life.
IMMUNE ENHANCEMENT
Friday, February 22nd
12-1 p.m.
EUC Phillips Room

The holidays are behind us, however, spring has not sprung! We still have several months of cold and flu season to weather. In order to stay your healthiest, join registered dietitian Cari Culp for a nutrition workshop where you will learn about key nutrients found in foods and supplements that can enhance your immune system and keep you feeling your best, even during the worst of seasons!

CLICK HERE TO REGISTER or contact HealthyUNCG.

WINTER PICK ME UP
ESSENTIAL OILS WORKSHOP

Thursday, February 28th
12-1 p.m.
Faculty Center

This 60-minute workshop will introduce participants to the benefits of aromatherapy to improve your mood. You will learn about and experience five essential oils known to lift your sprit and put a smile on your face! Everyone will leave with an aromatherapy product they make for themselves.

CLICK HERE TO REGISTER or contact HealthyUNCG.
ActiveU fitness classes are offered to UNCG employees for FREE!

NO MEMBERSHIP NEEDED.

Please bring your employee ID and sign into the ActiveU Binder located at the front desk or class location.

CLICK HERE FOR CLASS SCHEDULE or contact HealthyUNCG.

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FOAM ROLLING WORKSHOP

Wednesday, February 13th
11:15-11:45 a.m.
Shaw Residence Hall - Tillman-Smart Room

Come join HealthyUNCG in a foam rolling class for UNCG employees only! Learn how to use a foam roller and understand the benefits of rolling on a regular basis. Foam rollers will be provided to use during the demonstration. Please be aware that you will be getting up and down off the floor, so please wear comfortable clothing!

CLICK HERE TO REGISTER or contact HealthyUNCG.
INTERESTED IN FACULTY/STAFF INTRAMURALS?

Working together is alright, but playing together is more fun and a great way to make working together even more enjoyable. Consider playing intramural sports with some co-workers across RecWell & Healthy UNCG this spring! (Must be a Kaplan Center member to participate)

Click here for the survey! When we get enough interested will add a team to that specific league and someone will reach out to you with details about getting registered.

Questions? Contact Brandon Ohr at b_ohr@uncg.edu.

FITNESS LENDING LIBRARY
WORKOUT WITHOUT LEAVING THE OFFICE

NEW FLL EQUIPMENT HAS BEEN ADDED!

CLICK HERE TO BROWSE OUR INVENTORY AND MAKE EQUIPMENT CHECKOUTS!
HealthyUNCG, as part of our ActiveU partnership with the Kaplan Center for Wellness, is proud to bring you free employee-only Zumba every Tuesday and Thursday from 12:15 - 12:45 p.m. in the EUC Dail Room! ActiveU Zumba is taught by former UNCG alum, Natalie Rapp. We recently sat down for a little Q&A with Natalie to learn more about the class.

Tell us about yourself.
I’m Natalie Rapp. I am a Zumba Fitness instructor with a Bachelor’s degree in Dance from UNCG. I teach regularly at the UNCG Kaplan Center, and also do corporate office fitness days, parties, and charity events.

What is Zumba?
Zumba is international dance fitness, with primary focus on Latin dances. I also like to incorporate international dances like belly dance and Indian Bollywood.

Do I need experience in dance or to be super fit to do Zumba?
Not at all! All fitness levels are welcome. I always encourage my participants to do a variation of my moves or just freestyle and have fun! In fact, I am fine if someone wants to come to class and freestyle the whole time!

Why do you enjoy group fitness?
Group fitness classes can help you stay in shape, destress, and meet new friends! Whatever health, emotional, or social goal brings you to class, we will work on reaching it together! Can’t wait to see you all there!

Be sure to follow “Zumba with Natalie R.” on Facebook!
UNCG EMPLOYEE RESOURCES

Every month, our newsletter will highlight a campus or community resource available to you as a UNCG employee! For full list, check out our website, under the resources tab.

If you have a resource you would like other UNCG employees to know about, please email us at healthy_uncg@uncg.edu

NEW NETWORK FOR UNCG FACULTY AND STAFF ALUMNI

We are very proud that over one third of UNCG's faculty and staff are also Spartan alumni. In order to recognize your dedication to your alma mater, we are launching the UNCG Faculty and Staff Alumni Network this February. Stay tuned for more information on opportunities to engage with your peers and celebrate your hard work.

Believe in the G Kickoff Luncheon, February 21st!
For more information or to register, contact Dorian at drthomp2@uncg.edu

FREE WALK/RUN CLUB FOR UNCG EMPLOYEES AND THEIR FAMILIES

Provided by one of our own UNCG employees, Emily Morris (Department of English) & The Shoe Bus Mobile Fitness Boutique!

Every other Thursday beginning February 28th @ 5:30 pm
Meet at Little Brother Brewing, 348 S. Elm St.
Walk or run a guided route with UNCG friends and family!
For more information contact Emily at emily@theshoebus.com
R.A.D. FOR WOMEN
Rape Aggression Defense

February 11th-13th
5-9 p.m.

Join instructors Bart Holland and Brandy Hopkins for an informational course designed to give women the skills and confidence needed to survive an unexpected attack. This hands on training program gives participants a realistic but safe experience of what it is like to be attacked and how difficult it can be to escape.

The course is FREE for UNCG students, faculty and staff! You can also schedule private classes for groups of eight or more.

For more information and to register click here!

ACTIVITY BUDDY SIGNUP

Looking for someone to get active with?

Friends who share your interests may be closer than you think!

A Google Document has been created that displays a list of fellow employees with a description of the type of activity they are looking to get involved in, their skill level, age, gender and contact information.

How do I participate?

- Click here to add yourself to the list
- Browse for coworkers with similar interests
- Get active!
Did you know that UNCG has a Campus Garden available to employees and students?

UNCG Campus Garden consists of 50 raised beds available to our UNCG community. Plots are priced at $10 for a semester, or $20 for the spring, summer and fall. They may be purchased by a team of individuals or as a department/office. What a great wellness opportunity to do with your department, office or group of friends!

A variety of annual vegetables, fruits and flowers can be planted. Shovels, trowels, watering cans, compost, and water are provided. You provide your own gloves, seeds or plants. Workshops will also be provided throughout the growing season!

Plots sell out FAST!

To reserve your spot:

1. Visit the campus garden website.
2. Click on the Garden Application on the left side bar.
3. Send the application and check via interoffice mail to Susan Andreatta, Anthropology, 433 Graham Building.

Seeds to Share

Veggies, flowers, herbs, heirlooms!

Free seeds for community and school gardens!

TWO EVENTS!

February 2, 2019
10:00 AM—2:00 PM
Guilford County Cooperative Extension
3309 Burlington Road
Greensboro, NC 27405

February 9, 2019
10:00 AM—1:00 PM
High Point Public Library
901 N Main Street
High Point, NC 27262

Seeds have been generously donated by garden centers and seed companies. Gardening experts will be available to answer questions and get you started. Do you collect seeds? Bring seeds from last year to share!

Be sure to check out the free seeds event at the Guilford County Cooperative Extension!

If you have any questions, please contact Susan Andreatta at s_andrea@uncg.edu.

https://uncggardens.uncg.edu/
SAVE THE DATE!
APRIL 12TH, 2019
Click to see last years event!