Providing UNCG employees with information, programs, and services that help to promote a happy, healthier lifestyle and a better quality of life.
Please join us for the 5th annual UNCG Employee Field Day brought to you by Healthy UNCG. Enjoy individual and team games, prizes, food, and music!

APRIL 12 11-1 PM

Foust Park
UNCG CAMPUS
RSVP at healthy.uncg.edu
Come join us for a day of play designed to relieve stress, build morale, encourage camaraderie and promote fun. Participate as an individual player, as part of a team, or just as a spectator or cheerleader. Food, prizes, and fun for everyone. Wear your blue and gold. You will even have the opportunity to snag a picture with Spiro!

NonPerishable Food Drive
HealthyUNCG, in partnership with Staff Senate, will be hosting a drive for nonperishable food items to support the students and families of Moss Street Partnership School at Employee Field Day. Contact HealthyUNCG with questions about donations.

Employee Field Day Games

**INDIVIDUAL:**
- Hula Hooping
- Musical Chairs
- Egg & Spoon Race
- Junk in the Trunk
- Cookie Face
- Corn Hole
- Ladder Toss
- Fitness Competition

**TEAM:**
- Obstacle Course Relay
- Human Tic Tac Toe
- Chicken in the Hen House
APRIL 2019

3S Movement Challenge
Sip → Stand ↑ Stretch

3S Results:
- 128 UNCG employees participated
- Over 90% reported feeling better throughout their day after standing and stretching hourly
- Over 95% felt the challenge increased their confidence in continuing their 3S habits

HERE IS WHAT YOUR FELLOW UNCG EMPLOYEES ARE SAYING ABOUT THE 3S CHALLENGE!

"Please do this again! Thanks for your work to help us get more healthy."

"I felt better overall and more mindful of exercise, movement and health."

"The challenge was a great reminder of what I should be doing while at work. It was a great motivator!"

"I definitely feel better when I stand up and move around more frequently."

Congratulations to 3S grand prize winner and Jackson Library staff member, Callie Coward!
Interested in a plant-based diet and wondering if it is right for you? Let Cari Culp, RD, help you make an informed decision! Join us for a workshop covering the many benefits of whole-food, plant-based eating and learn how to do it the right way, combining the right foods, to ensure you get the nutrients you need while reaping all the health benefits!

Click here or contact HealthyUNCG to register!

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It can be challenging to find time to spend with loved ones, and even more difficult to ensure those moments are purposeful and provide opportunities for healthy communication and bonding. Join us for a workshop led by Camila Dos Santos of the Guilford Healthy Relationships Initiative focusing on quality time in relationships, strategies for finding personal and work-life balance, and tips for ensuring that time spent with loved ones is strengthening relationships.

Click here or contact HealthyUNCG to register!
GUILFORD COUNTY
HEART & STROKE WALK

Saturday, May 18th
Check-In: 8 a.m.
Start Time: 9 a.m.
506 Stirling Street, Greensboro, NC 27412

Join walkers from across the Guilford County community as they step out to have fun, get inspired and support a meaningful cause. This is a 5K, or 3.1 mile, non-competitive walk. All children that participate will receive a free pass to Wet n' Wild at Emerald Pointe. Veterans are also strongly encouraged to participate. Click here for more information on the Heart & Stroke Walk Veteran's initiative. Light refreshments will be provided!

For more information, click here.

Click here to register for free as a UNCG employee!

FOAM ROLLING WORKSHOP

Wednesday, April 17th
12:15 - 12:45 p.m.
Faculty Center

Join HealthyUNCG for a foam rolling class exclusively for UNCG employees! 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. Be aware that you will be getting up and down off the floor, so please wear comfortable clothing!

Click here or contact HealthyUNCG to register!
HEALTHYUNCG CALENDAR

HealthyUNCG now has an events calendar that will allow you to see all of our workshops, events, ActiveU group fitness classes, and stay updated on any changes that may happen to regularly scheduled programs. Click here to see the calendar!

EMPLOYEE ASSISTANCE PROGRAM

Life’s pressures and challenges can be difficult to handle alone. The University of North Carolina partners with ComPsych to provide Employee Assistance Program (EAP) benefits to employees in the University system.

HOW TO PARTICIPATE:

PHONE:
- Call GuidanceResources at 1-800-630-4847
- A trained master's or doctoral level clinician will assess the issue
- You will then be referred to the appropriate resource (counselor, financial advisor or attorney)

ONLINE:
- Log onto https://guidanceresources.com
- Click on the Register Tab
- Enter UNCG as the Organization Web ID
- Fill in the Registration form

BENEFITS
- Lifestyle discounts through Working Advantage
- Estate planning services provided by EstateGuidance
- Savings on tax filing using TurboTax
- Discounts on pet health policies through VPI Pet Insurance
- Free shipping and handling on Kitchen and Food purchases from QVC

SERVICES
- Confidential Counseling
- Financial Information and Resources
- Legal Support and Resources
- Work-Life Solutions
- GuidanceResources Online

CLICK HERE FOR MORE INFORMATION!
FITNESS ON THE LAWN

Join us for two fitness classes surrounded by the beauty of nature for UNCG employees only.

NO REGISTRATION REQUIRED!

GENTLE FLOW YOGA
Tuesday, April 16th
11:15 - 11:45 a.m.
Foust Park
We have a few mats available. Please bring your own if you have one!

ZUMBA
Tuesday, April 16th
12:15 - 12:45 p.m.
Foust Park
All fitness levels are welcome!

EUC GROUP FITNESS CLASSES

Every Tuesday and Thursday in the EUC
(See HealthyUNCG events calendar for location)

GENTLE FLOW YOGA
11:15-11:45 a.m.
Gentle yoga practice that will help restore your mind and body leading you to find inner peace. This 30-minute non-strenuous practice will leave you feeling clear-minded and ready to tackle the rest of your day! We have a few mats available, but employees are encouraged to bring their own if they have one.

ZUMBA
12:15-12:45 p.m.
An international dance fitness class that incorporates interval training, alternating fast and slow rhythms. All fitness levels welcome.

FREE FOR UNCG EMPLOYEES!
(No registration necessary)
ActiveU group fitness classes are offered to UNCG employees for free!

Classes are held in either the EUC Dail Room or the Kaplan Center for Wellness.

No membership is needed, but please bring your employee ID if you plan on attending.

Be sure to sign in to the ActiveU binder, which can be found at the front desk for classes held in the Kaplan Center, or onsite for classes held elsewhere.

Click here for the ActiveU group fitness schedule, or contact HealthyUNCG with questions!
April 2019 Community Feature

Every month we are going to feature a community resource available to you as a UNCG employee! This month’s feature is Greensboro Downtown Parks. Beginning in April, they start their health and wellness series. Below we have detailed some of the fantastic events going on through the rest of this month!

Monday Night Poetry In the Park

Monday, April 15th
7:00 - 8:30 p.m.
LeBauer Park

Celebrate rhythm and thyme every third Monday with an open mic session for all area poets. Share your own work or read your favorite poem!

Zumba

Tuesday, April 2nd, 9th, 16th, 23rd and 30th
5:30 - 6:30 p.m.
Oval Lawn - Center City Park

Join instructor Velmy Liz Trinidad to shake your groove thing! This free class will have you believing fitness and fun surely can go hand in hand.

Tunes @ Noon

Wednesday, April 3rd, 10th, 17th and 24th
12:00 - 1:30 p.m.
LeBauer Park

On Wednesdays at lunchtime, downtown workers and visitors can enjoy free live music and lunch from the food kiosks at LeBauer Park!

Yoga in the Park

Thursday, April 4th, 11th, 18th and 25th
5:45 - 6:45 p.m.
Center City Park

This is an all levels yoga class taught by rotating teachers from Greensboro Downtown Yoga. Bring a mat and your open mind!

Strong Moms GSO

Friday, April 19th
9:30 - 10:30 a.m.
LeBauer Park

Strong Moms GSO is a group of moms actively pursuing a fit lifestyle by creating a free, accessible fitness community for every local mom to feel encouraged in their pursuit of motherhood and fitness. This is a free, stroller-friendly fitness opportunity for all moms, so don’t be afraid to bring the kiddos along. This program runs monthly, on the third Friday of each month.

Sunday Jazz Picnic

Sunday, April 7th, 14th, 21st and 28th
6:00 - 7:30 p.m.
LeBauer Park

Free live jazz and lawn games in LeBauer Park. Dinner and drinks are available for purchase from LeBauer Park food kiosks.

Click here for more information and to view the Greensboro Downtown Parks calendar!