

Celebrate Employee Wellness Month at UNCG!

Flu Shot Clinic

October 1st- EUC Alexander Room

October 2nd- EUC Alexander Room

October 10th- Campus Supply Store

9:00 am to 4:30 pm

PLEASE BRING YOUR SHP/BCBS ID CARD.

HealthyUNCG Kick Off!

October 9th

10:30 am- 1:00 pm, floating

Kaplan Center

Come meet wellness professionals from our team, nutrition, health coaching, Kaplan Center, HR, and safety! There will be giveaways, snacks, games, prizes, and Kaplan Center tours.

Please bring your Employee ID Card!

Direct shuttle service will be provided:

Continuous from EUC 10:30 am-1:00 pm

Continuous from Becher Weaver 11:00 am-1:00 pm

Single shuttle from Gateway Research Park 11:30 pm

Choose Your AromaAdventure Workshop

October 18th

11:30 am- 1:00 pm, floating

Kaplan Center Conference room

October 23rd

12:00 pm-2:00 pm, floating

EUC Azaela Room

Experience a variety of essential oils from around the world! Attendees will have the opportunity to formulate their own blend of essential oils, and will leave with an inhalation product of their own creation. Sign up preferred but not required.

[Sign up here](#)

Cooking Class

October 18th

5:30 pm-6:30 pm

303 Stone- Nutrition Lab

LET'S TACO 'BOUT HEALTHY EATING...GET READY TO GUAC-N-ROLL...NACHO AVERAGE COOKING CLASS!!! If you love Mexican inspired food this is the class for you! Learn how to make healthy versions of your favorite Mexican dishes.

[Sign up here](#)

Healthy Dining Workshop

October 25th

11:30 am-12:30 pm

Kaplan Center, Meeting room B

With so many great new dining choices on campus, there's no shortage of finding a tasty snack or meal to satisfy your hunger. Having many choices can also present a challenge when trying to make healthy selections. Our registered dietitian will help you navigate the menus of some of our most popular campus establishments and help you design a plan that is sure to satisfy your hunger without giving up flavor.

Sign up here



225B Kaplan Center

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