



Wellness



WINDOWS TO WELLNESS 2016

FRIDAY, JANUARY 22, 10 A.M. TO 3 P.M.

EMERSON ALUMNI HALL

A health and wellness fair designed with UF and UF Health employees in mind

Learn.

Participate in mini-workshops throughout the day on meditation, cooking, yoga, deskercise and more. The first 10 attendees at each session will receive a goody bag.

Explore.

Complete assessments to gauge your health—including body composition screenings, blood pressure checks, stroke risk assessments, and more. Flu shots and chair massages will also be available.

Connect.

Discover the many "windows to wellness" available to you right here on campus. Representatives from a variety of organizations will be on hand to share information and resources.

Workshops

In addition to visiting information tables throughout the day, participants may attend any of these free workshops. The first 10 participants in each mini-workshop will receive a complimentary goody bag. Active wear is not needed for movement-based workshops.

10:30	–	10:50 a.m.	Meditation
11:00	–	11:20 a.m.	Yoga
11:30	–	11:50 a.m.	Healthy Cooking on a Budget
12:00	–	12:45 p.m.	Earn a Fit Body You Love, Even with a Busy Schedule*
1:00	–	1:20 p.m.	Ergonomics
1:30	–	1:50 p.m.	Deskercise
2:00	–	2:20	Zumba

*Lunch will be provided by the College of Health & Human Performance. Seating is limited, and registration is required via mytraining.hr.ufl.edu.

Also—Financial and Retirement Planning Workshops!

Short courses will be offered throughout the day; see event website for schedule.

Prizes

Enter a drawing to win prizes from these area vendors. Bring a food donation for the Field & Fork Food Pantry for an additional entry!

- Alter Ego Fitness
- The Ark School of Fitness
- Butterfly Rainforest
- Frog Song Organics
- Humanscale
- My Yoga Connection
- Sanctuary Yoga
- Searchlight Yoga
- Sun Country Sports
- Swallowtail Farm
- UF Health Shands Fitness and Wellness
- UF Performing Arts

hr.ufl.edu/windows-to-wellness