

From: Jim Rogers jbrogers@wisc.edu
Subject: Wisconsin Union Health and Wellness News
Date: July 18, 2017 at 11:39 AM
To: UnionStaff union-staff@lists.services.wisc.edu, Wisconsin Union Student Staff union-students@lists.services.wisc.edu
Bcc: Jim Rogers jbrogers@wisc.edu

JR



Tips for Staying Healthy This Summer

1. Apply SPF Daily
2. Try a "Healthier" BBQ
3. Hydrate, Hydrate, Hydrate
4. Travel Light
5. Eat Breakfast!

Click the image on the right to read more!



Union Health and Wellness Events

Join our Wellness Webinar!

When: Wednesday July 19th

Time: 12pm - 1pm

How to sign up: Register at wellwisconsin.staywell.com

Additional Details on UW Madison's Health and Wellness Events

Take advantage local gyms and restaurants on campus to stay healthy this summer!

The Barre Code®



The Barre Code

316 W. Washington Ave #125.
Madison, WI 53073
(608) 467-9708

Carte

Memorial Union
800 Langdon St.
Madison, WI 53706



Enjoy Yoga on the Terrace! We have had over 20 Wisconsin Union employees being involved this summer.
YOU MUST REGISTER IN PERSON AT OUTDOOR UW.
Click on the image above for more details!



Rec Sports has a variety of opportunities available for students in the Madison Area this summer.

Click the Rec Sports image above for details on:

- Sunrise Outdoor Yoga
- Personal Training
- BuckyFit & Wake Up Warrior Boot Camp
- Workplace Wellness Workouts

 Facebook  Events Calander  Email  Twitter

Health and Wellness Coordinator: Jim Rogers jim.rogers@wisc.edu

Health and Wellness Marketing Coordinator: Haley Cullen hcullen@wisc.edu