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Subject: Union Health and Wellness News

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Wisconsin Union Health & Wellness News

November 21, 2017, Jim.Rogers@wisc.edu

Welcome!

Be healthy! Welcome to our Wisconsin Union Health and Wellness newsletter announcing many healthy and fun events, along with health and wellness news and information. You are invited to *be healthy* and share what works well with others.

Events are on our calendar – just bookmark [upcoming Union Health and Wellness Events](#).

JOIN YOGA WED NIGHTS AND SAT MORNINGS

Join us for one or all. FREE to Union employees (covering the usual \$5 cost).

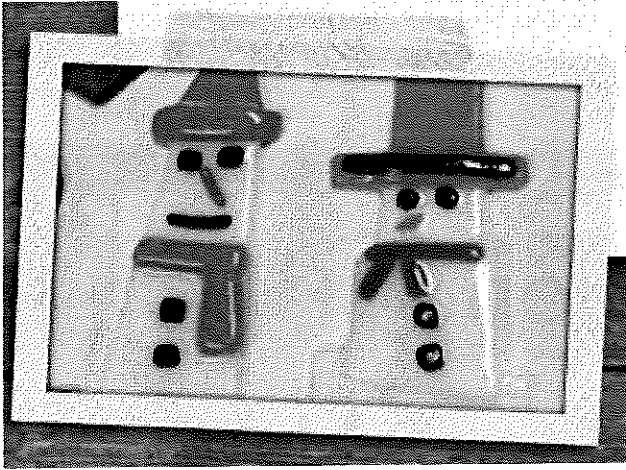
November 11–December 20 (*no class Nov. 22 or 25*)

Wednesdays, 6-7pm

Saturdays, 9-10am (*Dec. 9 class will end at 9:45am*)

Whether you're brand new to yoga or have years of practice, this class is your opportunity to practice the perfect sun salutations at everyone's favorite place on campus—Memorial Union! Find more

information [here](#).



FREE ART FRIDAYS WITH WHEELHOUSE STUDIOS

Join [Wheelhouse Studios](#) in making **free** Holiday art on **Friday, December 1st**.

This session of art will include ornament making and joining in on a Philippian tradition of lantern

making!

Friday, Dec 1. 5:00 to 9:00 PM



FREE GROUP WED MEDITATION AT NOON

For UW students UHS is offering free [meditation](#) every Wed at Union South. Take a break from your busy class schedule and

check it out!

Union South, Wednesdays- 12PM

EAT NUTRITIOUSLY DURING THE HOLIDAYS



Eat nutritiously. Eat every meal. Eat lots of fruit, vegetables, and fiber. Eat until just full. Enjoy time with

friends and family. Go for good walks and conversations.
Yes, be healthy.

YOU DESERVE GOOD HEALTH



The holidays can be a good transition time, a time to change the routine, and choose to become more healthy.

Most smokers want to quit, but may feel stuck on how to do so. In this article, read the top ten tips to help you quit for good!

Featured Article: "Preparing to Quit: 10 Tips to Help You Stop Smoking"

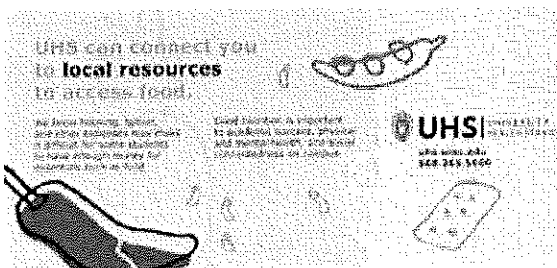
FREE YOGA FOR STRESS RELIEF FOR STUDENTS

Take a break from studying and release tension and stress from the body and mind with free yoga offered by RecSports every day during finals week. The sense of calm and peace you create in class will carry throughout your day as you embrace your exams!

FREE CLASSES AT THE NATATORIUM

Dec. 17- Dec. 21

STUDENT FOOD AND FINANCIAL RESOURCES



Beyond the cost of tuition and books, students, and staff, may be faced with the financial struggle of purchasing hearty and healthy food. There are plenty of resources offered by the University to help students out in this area. Find a full

list of resources available [here](#), on the UHS website, to learn about available aid for student's food costs.

Also for more information on how students can help with food and financial resources, check out this [guide](#)!

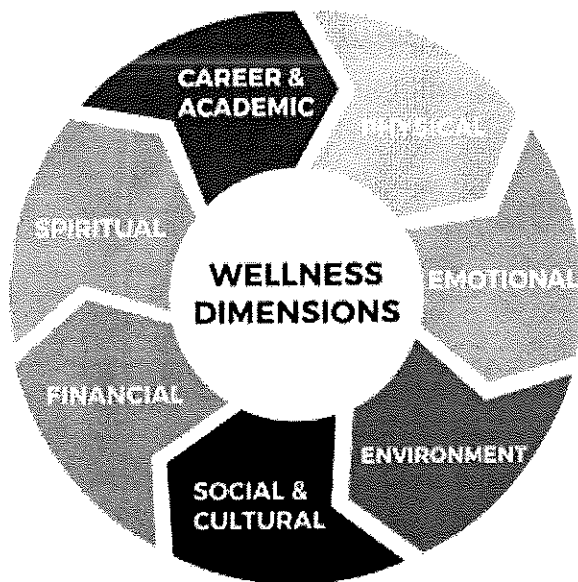
FLU MYTHS: BUSTED!

Now that it's flu season, it's important to be aware of how we can avoid getting sick this winter! From UW-Health, here are some common myths about the flu that have been busted:

- **The flu is just a bad cold**
- **You can get sick from the vaccination**
- **You don't need a vaccination every year**

According to the CDC, everyone 6 months and older should be vaccinated each year to avoid the illness. A vaccination is a simple step to preventing any sick days this winter.

For students, **UHS is still offering student free vaccinations**, so make your appointment today!



Read the full article about myths [here](#).

THE SEVEN DIMENSIONS OF WELLNESS

In order to keep a balanced everyday life, keep working on building in each area of the wellness dimensions. Participate in free events, work hard, and have fun in order to maintain a

healthy lifestyle!

UW-MADISON WELLNESS EVENTS

Check out the [UW-Madison health and wellness calendar](#) to find even more health and wellness events for today or in the future.

BE HEALTHY

We hope you find this periodic information, along with our wellness events, helpful. Continue to check out our [Union Health and Wellness activities](#). If you want to take a lead in an activity (walking, dancing, stretching, etc.), please email Jim Rogers at Jim.Rogers@wisc.edu and we'll wet it up.

Credits: Madison Yachinich, Union Health and Wellness Marketing Coordinator

