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**Subject:** Wisconsin Union Health and Wellness News

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JR



## Health & Wellness

February 26, 2018

### Welcome!

Be healthy! Join any of our Wisconsin Union Health and Wellness events that can help you achieve your goals and be more healthy and well, while here in the Wisconsin Union and in life. Click on the logos below to find out more.

**WARM up this WINTER**

Join Outdoor UW for yoga classes at Memorial Union! FREE TO UNION EMPLOYEES Employees register at Outdoor UW  
Every **Saturday 9:00AM-10:00AM**  
Feb 17th - Apr 28th  
See **TITU** for room location



### UW Credit Union Snack and Learn

Join UW Credit Union for financial tips regarding budgeting, credit, and debt during America Saves week



best during America Saves week.  
Free to any Union employee, limited spots available so sign up today!

**2/27 9:30AM-10:30PM Union South**  
**2/28 2PM-3PM Memorial Union**

### FREE UHS Meditation

Every Wednesday from 12 PM to 1 PM at Union South, no registration required.

See TITU for room location



### Free Art Friday

Join Wheelhouse Studios on Friday, March 2nd for spring themed crafts. Paint a flower pot or sign up to learn how to use the ceramic wheel, all for free!

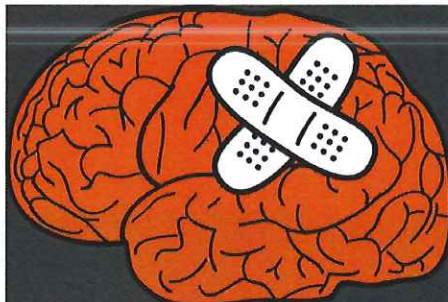
**Friday, March 2nd 5PM to 9PM**

[Click to Access the Union Health and Wellness Calendar for details on events](#)



### YOU @ UHS

This new online portal from UHS offers ways for students and staff to promote happiness and well being by giving online access to resources that will help you thrive.



### SilverCloud

SilverCloud is a free online mental health service for all UW Students, and can provide treatment 24 hours a day. [Click here to sign up now!](#)







### **Million Hearts Heart Disease Prevention**

Heart disease and stroke are an epidemic in the United States, and the CDC urges people to incorporate easy day to day activities that can reduce the risk. Staying active and eating healthy are a few simple ways to prevent heart related disease, but check out the Million Hearts website for more! Also be sure to watch Gail and Aaron's story to see how big of an impact cardiovascular disease has been to these people.

MONONA TERRACE PRESENTS





## **WELLNESS TALKS**



### **Fasting, Cleanse, and Detox for long-term Digestive and Metabolic Wellness**

Join Dr. Ruddy for a presentation on safe dietary and supplemental protocols that can boost energy and initiate healthy weight loss. Free to the public!

**March 2nd 2018**  
**12:00 PM to 1:00 PM**

 Facebook  Events Calander  Email  Twitter

Health and Wellness Marketing Coordinator: Madison Yachinich  
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With support from Stephanie Webendorfer, Wisconsin Union  
Marketing



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