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.
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 Calender 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 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 Gal 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 Calendar  Email  Twitter

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With support from Stephanie Webendorfer, Wisconsin Union Marketing