Health & Wellness

March 13th, 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. If you would like to promote fun events for fellow staff in just your unit or in the Union, just let me know.

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 Arboretum Walks
Spring is in the air, and now is the
Spring is in the air, and now is the perfect time to go search for seasonal changes at the arboretum. Free group walks for the public! 
**Sunday March 18th 1-2:30 PM**
**Tuesday March 20th 6:30 to 8 PM**
Meet at the visitor center

Health Benefits of Volunteering
In a recent UHS article, a study has proven that volunteering can improve students mental and emotional health. Consider joining Badger Volunteers or another program to not only help the community, but yourself! You can read the full article [here](#).

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, April 6th for flower themed crafts that include flower paintings and henna tattoos. Plus free use of the ceramic wheel!

**Friday, April 6th 5PM to 9PM**

Click to Access the Union Health and Wellness Calender for details on events
FREE Lunchtime Yoga
Every Tuesday and Thursday
12:05 PM to 12:45 PM
Monona Terrace Community Center
February 20th-March 22nd

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.

MONONA TERRACE PRESENTS

WELLNESS TALKS

Cognition- What is it and Why is it Important?

Join Lisa Bratzke for a presentation on how our brain processes the world around us. She will discuss the importance of maintaining good cognitive health and discuss her own research on the topic. Free to the public!

April 18th
12:00 PM to 1:00 PM
Meditation at Monona Terrace
Mindfulness meditation will be led by Sarah Moore M.D. every Wednesday 12PM-12:45PM
March 28th - May 30th

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.
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