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Subject: Wisconsin Union Health and Wellness News
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JR



Wisconsin Union
Experiences for a lifetime

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

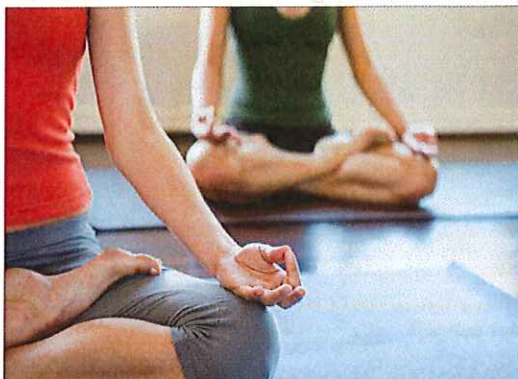


Free Art Friday

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



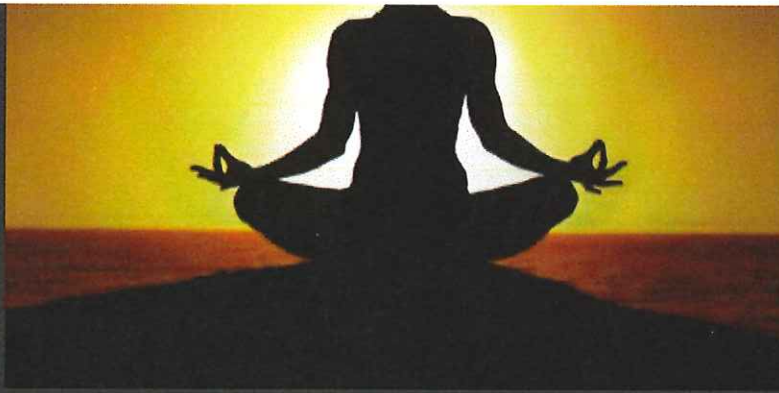
Cognition- What is it and Why is it Important?

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

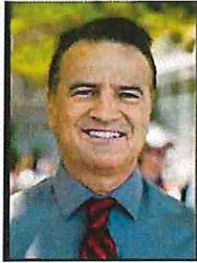
Heart disease and stroke are an epidemic in the United States, and the CDC urges people to incorporate easy day to day activities that can reduce the risk. Staying active and eating healthy are a few simple ways to prevent heart related disease, but check out the Million Hearts website for more! Also 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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 Events Calander

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