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Subject: Union health and wellness test  
Date: May 11, 2018 at 2:21 PM  
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JR



**Wisconsin Union**  
Experiences for a lifetime

# Health & Wellness

May 11, 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.



## Free Health Screening For All Union Employees

Two free health screenings have been scheduled for union employees (and spouses) this May. By participating, you will learn your measurements from blood pressure, BMI, cholesterol, and glucose all in 20 minutes! Register [here](#) today.

**Union South: May 14 at 8am**

**Memorial Union: May 21 at 8am**

## StayWell Wisconsin Incentive

As an employee of the Union, you are eligible for a \$150 dollar incentive by staying healthy! Just follow three easy steps (starting with the free screening) and earn \$150.



**WELL WISCONSIN**

Go to [wellwisconsin.staywell.com](http://wellwisconsin.staywell.com) for more information today!

Healthier starts with you



## Enjoy the “Beyond Burger” in Der Rathskeller

A delicious choice, including for vegetarians, is the *Beyond Burger* now provided **Wednesdays** in Der Rathskeller. **Enjoy!** Find out more [here](#).



## Workout with Bucky

Get fit with Bucky at Camp Randall Stadium on **Wednesday, May 23rd from Noon to 12:45 PM**. All UW faculty, staff, and students of any fitness level are encouraged to join Bucky in this low level exercise celebration to kick off summer! Register [here](#) today!

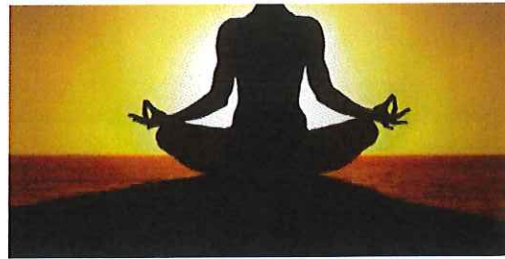
## FREE Meditation at Monona Terrace

Mindfulness meditation will be led by





Sarah Moore M.D. every  
**Wednesday 12PM-12:45PM** at the  
Monona Terrace, take a walk or bike  
ride and try it out!  
**March 28th - May 30th**



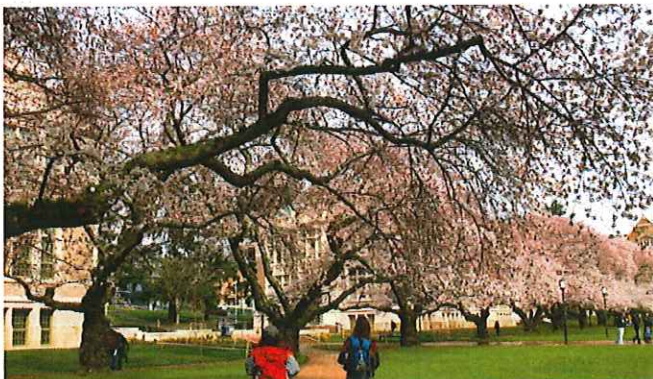
## End Smoking in 2018

The UW Center for Tobacco Intervention and Research is beginning the QUIT study where participants will be given two forms of medicine to help them quit smoking as well as paid 260\$ for their involvement in this study. If you have been struggling with quitting visit [www.EndCigs.com](http://www.EndCigs.com) to learn more and sign up for this study.

**Click to Access the Union Health and Wellness Calender for details on events**

## Make Weekends Count

After a busy week, sometimes it's hard to relax during the weekend as your responsibilities are still on your mind. It's important to do meaningful activities that will fuel you through the week. Click [here](#) or the image to find out how to make your weekends count!



## UW Arboretum Walks

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, May 13th 1PM to 3PM**  
**Sunday, May 20th 1PM to 2:30PM**  
Meet at the visitor center





## Lunchtime Wellness Series at Allen Centennial Gardens

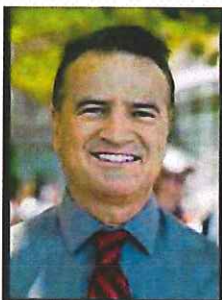
Every Thursday, reconnect with nature during lunch time with this FREE program offered all summer. Weekly activities will focus on improving mental health, and will change every week! This program will be every **Thursday from 11:30 AM to 1:30 PM starting May 26th.**

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 Events Calander

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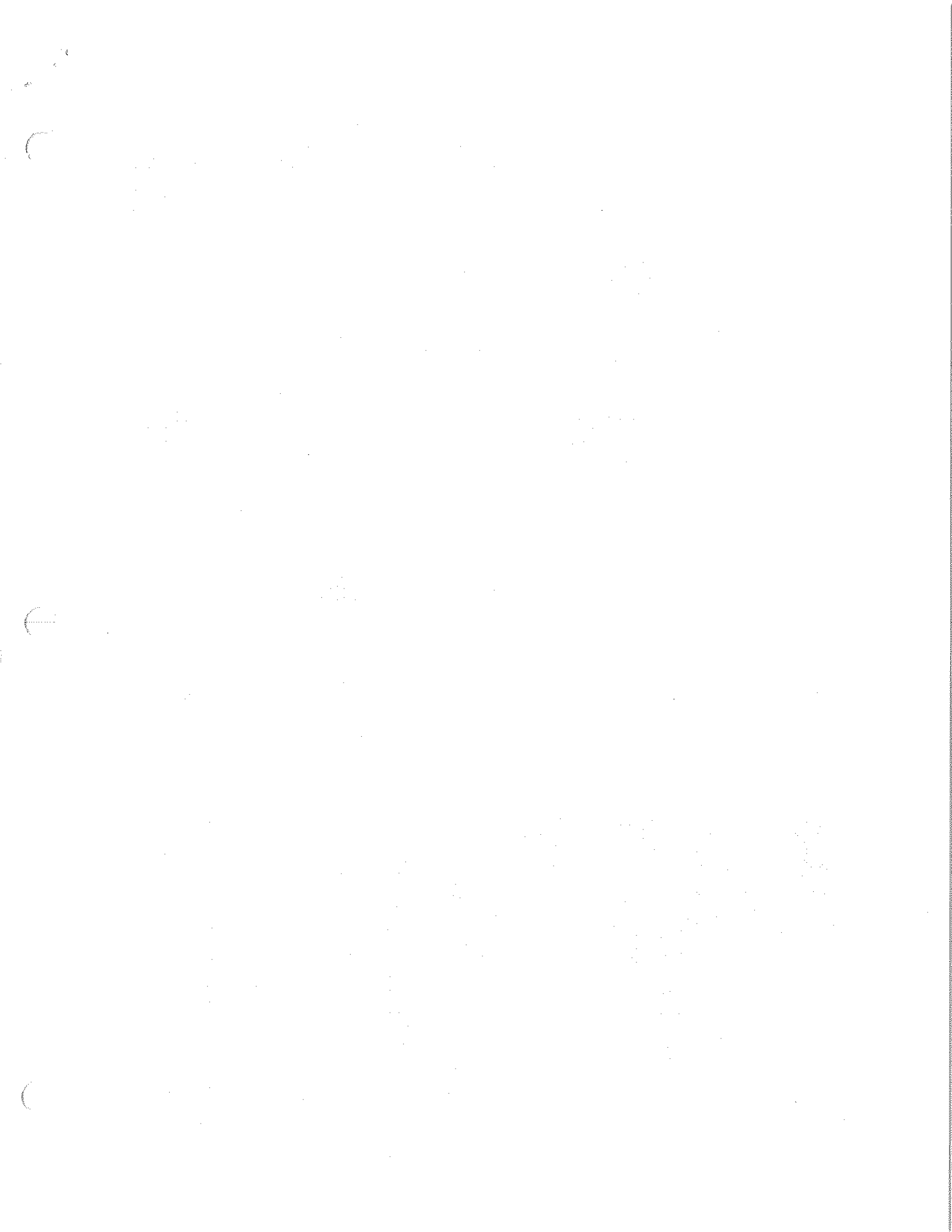


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