Wisconsin Union
Experiences for a lifetime

Health & Wellness

October, 1st 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 here to see details of Union Health and Wellness calendar of events

Free Art Friday

Join Wheelhouse Studios in collaboration with UW Latinx Culture Celebration Committee to make Guatemalan-inspired "worry dolls," learn how to Samba, and eat delicious Latin American Snacks.
Friday October 5th 5pm to 9pm

All for FREE!
UW-Madison Wellness Symposium

A Day of Resilience and Well-Being

Join fellow students and faculty for the 4th annual wellness symposium on Wednesday, October 23rd, from 8:30am - 2pm at Union South.

Register here today, before October 12th to ensure a spot in this inspiring day.

Through breakout sessions, participants will get to interact with fellow peers who are equally interested in wellness and becoming the best they can be.

Feed Your Dog Right with Dogs on Call!

Have a dog? Dream of having a dog? For any current or future dog owners, learning how to extend healthy behaviors to our furry friends is important. Attend this FREE event and learn how to keep your dog healthy and meet some fluffy dogs on call!

Friday, Oct 5th 4pm-5pm
Union South
As flu season approaches, it's important to get vaccinated early! All students can receive a free flu shot at UHS. University employees with State health insurance get flu shots at various locations on campus, including at Union South **October 9th, from 10am to 6pm.** [Click here](#) for a complete listing of employee locations and times.

**Member Appreciation Day**

**Monday, Oct. 8th** RecSports is celebrating YOU! Stop by the facilities all day for free snacks and giveaways for being a member! For complete list of details about this day, click [here](#).
Share Your Skills

Union Health and Wellness
Meet three times per semester to identify potential programs and events to create fun and fitness at the same time. Boxing? Dancing? Meditation? Pilates? Yoga? Mental Health Education? Help make it happen through the Wisconsin Union Health and Wellness program. Email Jim.Rogers@wisc.edu

UW Partners in Giving
A once-a-year (Oct 8-Nov 3) workplace campaign through which UW employees in Dane County can conveniently give to many of their favorite charitable organizations (from hundreds). Meet twice to set goals and strategies, plus complete the work you are interested in. Give back to organizations which may have supported your family or your neighbors and friends. Email Jim.Rogers@wisc.edu
Enjoy Outdoor UW Yoga

Start your day off with Outdoor UW yoga at the Terrace and enjoy an hour of relaxation before a busy day. For Wisconsin Union employees these classes are **FREE upon signing up at Outdoor UW anytime prior.**

Every Saturday 9am-10am @ Memorial Union

FREE Tae Kwon Do Lessons!

Join Choi Tae Kwon Do for lessons for any age and experience level. **Check out TITU every Tuesday, Thursday, and Sunday** to find locations and learn this Korean martial art! For more information visit Choi's website by clicking here.
VOTER INFORMATION

In collaboration with the Associated Students of Madison

Early Voting - All Madison Wards, October 22-Nov 2, Mon-Fri, 12-6pm
Memorial Union and Union South

MMWR | SLEEPING IN CONTACT LENSES IS RISKY

SLEEPING IN LENSES CAN CAUSE INFECTION

Can increase risk of eye infections 6 to 8 times

1 in 3 users sleep in lenses

EDUCATE YOUR PATIENTS

Contact lens-related eye infection can lead to...

- Vision loss
- Surgery
- Hourly eye drops

PROTECT YOUR PATIENTS' EYES

Discuss risk of sleeping in lenses

Report lens-related infections to MedWatch

www.fda.gov/medwatch
MONONA TERRACE PRESENTS

MINDFUL YOGA

Take a break from your day to head to Monona terrace for FREE yoga! Bring your yoga mat and join instructor Alicia Wright every Tuesday and Friday for mindful yoga during lunch.

Tuesdays & Fridays 12pm to 12:45pm

Facebook

Events Calendar

Email

Twitter

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With support from Stephanie Webendorfer, Wisconsin Union Marketing

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