

Healthier TOGETHER!

July - September 2021 Employee Wellness Events

This quarter focuses on social, occupational and cultural wellness.

LOOK FOR THIS ICON! 



These activities are eligible for Better You Strides points. Better You Strides is a wellness incentive program for select employer groups including UF Health.

WELLNESS Talk

A UF WELLNESS PODCAST

 Join UFHR Wellness each month for a conversation with subject matter experts from UF and UF Health as we continue to learn more about our health and wellness. Visit wellness.hr.ufl.edu/wellness-talk to watch.

- July 2021 | Kindness and Emotional Wellness
- August 2021 | Reconnection and Gratitude
- September 2021 | Mental Health and Well-being

CULTURALLY Competent



Culturally Competent, August

Celebrate the newest Window to Wellness, Cultural, by exploring tools and resources for promoting diversity, inclusion, equity, and social justice in your community.

Scan the QR code at the bottom of the flyer to subscribe to the wellness newsletter and receive program content throughout August.



Plank & Drank, August 2-29

Improve your hydration practices and core strength with the Plank and Drank challenge. Complete daily plank challenges and record your water intake throughout this four-week program. There will be mini-challenges, live-streamed planks, prizes, and more! **Register at GatorCare.org/water.**



Bite-Sized Wellness

Gather your department for a live 15- to 30-minute workshop! Workshops can be conducted online or in person and include topics like meal prepping, stress management, meditation and mindful eating.

Book a workshop today at GatorCare.org/wellness-workshops/.



Live Zoom Presentations

Work on your wellness with these 30-minute presentations on topics related to this quarter's wellness themes. **Visit GatorCare.org/calendar to register!**

- **Boost**, Thursday, July 29, 11:30 a.m.-12 p.m.
- **Implicit Impact**, Wednesday, August 25, 12-12:30 p.m.
- **Digital Detox**, Monday, September 13, 3-3:30 p.m.





In-Person Fitness Classes

Grab a coworker and join us each week at UF Health Professional Park for a variety of live fitness classes! Visit GatorCare.org/live-wellness-classes for more information.

Give Back and Volunteer

Volunteering can reduce stress levels, improve mood, increase physical activity and enhance your sense of purpose and connection. There are so many opportunities to volunteer within our community, both on an ongoing basis and at single-day service events. **Browse the following resources to explore local organizations that could use your help!**

- gainesvillevolunteer.com/where-to-volunteer
- gatorsvolunteer.ufl.edu/for-volunteers



Fall Walking Challenge, Registration opens in September

Walktober is back and things are getting extra spooky! This fall's team walking challenge, *Walktober: Soles Rise Again*, will have you exploring Transylvania and venturing through haunted and historic locations across Eastern Europe (virtually, of course).

1. Form a team of 4-20 employees.
2. Designate a team captain.
3. Give your team a creative name.
4. And get moving!

The challenge begins October 4 and will run through October 31. Visit GatorCare.org/walking-challenge for more information.



Supportive Gators

Improve your social and emotional wellbeing and overcome the social isolation from the past year by learning how to build upon your own social networks. Visit wellness.hr.ufl.edu/supportive-gators for more information.



Stay informed of our ongoing wellness events by signing up for our wellness newsletter. Scan the QR code or visit GatorCare.org/newsletter to subscribe!



Explore GatorCare.org and wellness.hr.ufl.edu for additional information.

