

Recipe for HEALTH

LOOK FOR THIS ICON!



October - December 2021 Employee Wellness Events

This quarter focuses on nutrition, diabetes and pre-diabetes.

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.

- October 2021 | Empathy and Well-being
- November 2021 | Diabetes and Equity
- December 2021 | Healthy Living



Live Zoom Presentations

Register by clicking each date below or visit GatorCare.org/calendar.

- Meal Prep 101,**
Wednesday, October 27, 12-12:30 p.m.
Learn to prepare tasty, nutritious meals in advance so that you can have healthy options on hand throughout your week. This practical workshop will empower you with tools to improve your overall health, save you time and money, and remove stress from daily life.
- Mindful Eating, Tuesday, November 2, 12-12:45 p.m. and Thursday, November 18, 6-6:45 p.m.**
Say goodbye to yo-yo dieting and food logs and say hello to eating with intention. Learn how to redefine your relationship with food as you pay attention to your body's signals and eat with the goal of feeling better afterwards. Go beyond the basics with this 45-minute virtual workshop.
- Happiness Hacks (Two Parts),**
Part 1: Monday, December 6, 12-12:30 p.m.
& Part 2: Monday, December 13, 12-12:30 p.m.
"According to *The How of Happiness*," 10% of our happiness is determined by our circumstances, 50% is determined by genetics, and 40% is determined by our thoughts and actions. Learn how to tap into that 40% with twelve science-backed strategies in this two-part workshop.

Sweet and Salty Challenge, November 1-21

The Sweet and Salty Nutrition Challenge is back beginning November 1! During this three-week, emailed-based challenge, you'll learn how to reduce the amount of salt and sugar you consume. Sign up to learn the lingo on food labels, become a conscious consumer, and gain tools to conquer the kitchen! **Register here.**



Healthy Lifestyle Program, Ongoing

The Healthy Lifestyle Program is a series of six sessions exploring different parts of creating a healthy lifestyle. Each session will focus on a specific health topic including goal setting, physical activity, nutrition, energy balance, stress management, and resilience. The program is now available for on-demand access online. Requests for live presentations are still accepted. **Click here to learn more.**





Wellness Countdown, December 1-31

Work on your wellness this December by participating in the Wellness Countdown Challenge! Download or print our 31-day calendar and complete each daily activity, which covers a different window to wellness. [Learn more here.](#)



Diabetes University, Ongoing

Diabetes University is a virtual education series with the goal of helping UF Health employees and their dependents living with diabetes. Educational webinars are held on the third Thursday of every month and feature topics on nutrition, medications, mental health, advances in diabetes care, and more. [Register here.](#)



Give Back This Season

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.

[Find local volunteer options here.](#)

[GatorCare.org](https://gatorcare.org)

wellness.hr.ufl.edu



Stay informed of our ongoing wellness events by signing up for our wellness newsletter.

Use the QR code to subscribe. Explore our websites above for additional information.

