

Healthier TOGETHER!

July - September 2022 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.

Well at Work



Plank and Drank Challenge, August 1-28

The summer heat is brutal, but we have just the thing to cool you down...our returning Plank and Drank challenge! Complete weekly hydration trackers and challenge yourself to plank longer every day to stay hydrated and improve your core strength.

Get your favorite water bottle ready — you're going to need it!

Learn more at GatorCare.org/water.

Lunch and Learn Challenge, August 1-October 31

What better way to stay well at work than to gather your coworkers and watch an educational workshop together!

1. Between August and October, schedule a date and time to watch a GatorCare Wellness, UF Health University, or Well@UF recorded workshop [found at GatorCare.org/Recorded-Wellness-Workshops](https://GatorCare.org/Recorded-Wellness-Workshops).
2. You can do this as an in-person group, or have a virtual Zoom watch party.
3. Take a picture of you and your department during your scheduled Lunch and Learn and email it to GatorCareWellness@shands.ufl.edu for a chance to win a catered lunch for the team!



Using your twenties to launch a successful life

Webinar: The Launch Years, Registration opens August

Our twenties can feel overwhelming as we try to plan for careers, relationships, and longevity. If you're a twenty-something or care about a twenty-something, join our live webinar to learn how to take-off on a successful life in your twenties and support the twenty-something in your life. The Launch Years is a stress-less approach to occupational, social, and overall wellness in your twenties. Look out for the registration link, launching in August!



Nourished Life, August 25-September 29

This 6-week series, led by UF Health Registered Dietitians, will equip you with the knowledge needed to make informed nutrition choices for you and your family. Classes will be offered virtually, and will be recorded. Keep a look out in our weekly newsletter for more information.



Get Connected

2022 Fall Walking Challenge



Fall Walking Challenge: NFL Stadium Tour, October 3-30 (registration opens September)

Kick-off football season with our latest NFL Stadium Tour walking challenge! As you tackle your way through the map, you'll learn about the history of each NFL stadium and the teams they host. Unlike the football players you'll read about, you won't need any cleats for this challenge. Get drafted today and we'll see you on the field! [Learn more at GatorCare.org/walking.](https://www.gatorcare.org/walking)



Good Vibrations Text Program, Ongoing

How easy would it be to make positive changes if half of the work was done for you? Sign up for our three-week, text-message based program and let us help you bring civility back to the workplace. **Text "civility" to 855.701.0838 to join.** Standard text message rates apply.

Webinar: Navigating Social Dining with Ease, August 25 from 12:30-1:00 p.m.

Holidays, celebrations, work events, or just a simple night out with friends can be a great time to connect with others and an opportunity to indulge in delicious food. Yet, an abundance of food at such events can get overwhelming, making us feel out of control and uneasy afterwards. **Join us on August 25 at 12:30 p.m. for a live webinar** on practical tools and tips for mindful eating at social gatherings so you can enjoy the holidays guilt-free. Mark your calendar and stay tuned for more info!

Culture Club

National Hispanic Heritage Month, September 15-October 15

National Hispanic Heritage Month is a time to recognize and celebrate the extensive histories, diverse cultures, and important American Latino Community contributions. The month also celebrates the independence days of several Latin American countries, including Costa Rica, Honduras, Mexico, Chile, and more. [Learn more at GatorCare.org/Hispanic-Heritage-Month.](https://www.gatorcare.org/Hispanic-Heritage-Month)



Using Personal Gender Pronouns in the Workplace, Ongoing

Small changes can make a big impact. For example: normalizing the usage of personal gender pronouns in workplace interactions. Watch this short video to learn a few ways to do just that: [GatorCare.org/pronouns.](https://www.gatorcare.org/pronouns)

[GatorCare.org](https://www.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.



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