

# Healthier TOGETHER!

## July - September 2023 Employee Wellness Events

This quarter focuses on occupational  , social  and cultural  wellness.

Check out our featured programs and resources below!

## JULY



### **Eating Well in the Workplace: Webinar Series, July 6-27**

This four-part webinar series, led by Registered Dietitians, will teach you how to fuel your body at work. Healthy eating helps improve concentration and focus, while also helping your energy levels. This on-demand program will feature weekly episodes and tip sheets designed to guide your selections in the cafeteria and provide inspiration for easy-to-pack options when you prefer to skip the café altogether. [Learn more at GatorCare.org/eat-well](https://GatorCare.org/eat-well).



### **Good Vibrations Text Program**

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](https://GatorCare.org/good-vibrations). Standard text message rates apply.



### **Summer Safety Educational Blog**

Celebrate UV Awareness Month by protecting the largest organ in your body — your skin! Explore our Summer Safety Educational Blog to learn best practices for staying cool and hydrated, protecting your skin from the Florida sun, and other summer wellness topics. [Start reading by visiting GatorCare.org/summer-safety](https://GatorCare.org/summer-safety).

## AUGUST



### **Plank and Drank Challenge, August 7-September 3**

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 gonna need it! [Learn more at GatorCare.org/water](https://GatorCare.org/water).



### **Healthy Back-to-School Recipe Guide**

Back to school time can be stressful. With a new school year and a new routine, adjusting can be tough. Lessen your stress with our helpful Healthy Back to School recipe guide. Our guide features tasty breakfast, lunch, and dinner recipes — all 500 calories or less. [Explore our guide by visiting GatorCare.org/recipe-guide](https://GatorCare.org/recipe-guide).



### **Book a Workshop**

Practice occupational and social wellness by gathering your office for a free live workshop! Workshops can be conducted online or in person (Gainesville only) and presentations can range from 15-60 minutes, depending on your office needs. [Explore our guide by visiting GatorCare.org/book-a-workshop](https://GatorCare.org/book-a-workshop).

# SEPTEMBER



## Wellness Worldwide: Email-based Program, September 4-29

Enhance your cultural wellness and explore diverse traditions and practices in this email-based program. Each email will highlight a different practice from around the world to encourage awareness, participation, and respect for cultural wellness worldwide. **Register now at [GatorCare.org/wellness-worldwide](https://GatorCare.org/wellness-worldwide).**



## Worklife Alignment: Live Webinar, Thursday, September 14, 12-12:30 p.m.

Do you want more say in your life? Creating alignment in our life is a skill that can help you connect with your purpose and create meaning in your life, whether you're at home, at work, or at play. **Register for this impactful webinar today: [GatorCare.org/worklife-alignment](https://GatorCare.org/worklife-alignment).**

# JULY-SEPTEMBER WALKING CHALLENGES



Get excited for walking challenges every month! July, August, and September feature individual challenges across three different virtual maps — the Mississippi River, the Appalachian Trail, and unusual spots around the USA. **Register for the 2023 Fall Team Walking Challenge, *Trick or Trot*, starting late August.** Lace up your walking shoes and start gathering your team together! **Stay up-to-date about all current and upcoming walking challenges by visiting [GatorCare.org/walking](https://GatorCare.org/walking).**



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

**Use the QR code to subscribe or visit [GatorCare.org/newsletter](https://GatorCare.org/newsletter). Explore our websites below for additional information.**



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