

Wellness Programs for UF and UF Health Employees





WHAT'S NEW?

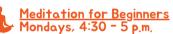




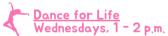






















MON

TUE

WED

THU

FRI



Meditation for **Beginners**

Spring Team Walking Challenge **Begins**



Dance for Lifelong Health





Gentle Yoga for Health





Encore Dancers Workshop

Zumba Zumba



6 Gator Steps for Lung <u>Disease</u> **UF** Health Bike Safety Satery Rodeo



15

Jumpstart



Jumpstart



Dance for Lifelong Health

Relax

Lifelong Health

Zumba

Dance for



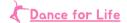
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23

30







Gentle Yoga for

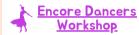
Dance for Life

Gentle Yoga for

Health

Dance for Life









Alzheimer's Caregiver Support Group





Encore Dancers Workshop



25

19

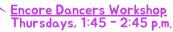
26



National Garlic Day











Meditation for **Beginners**

<u>Meditation for</u> **Beginners**



29

Earth Day

<u>Jumpstart</u>

Meditation for

Beginners



Relax



Relax

Dance for Lifelong Health

Zumba

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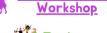














Zumba





National Garden Meditation Day





