



APRIL 2024


Wellness Programs for UF and UF Health Employees



WHAT'S NEW?

 **Destination Vacation Team Walking Challenge Begins**
April 1 - 30


 **Gator Steps for Lung Disease**
March 5 - April 16

 **UF Health Bike Safety Fair and Rodeo**
April 6, 9 a.m. - 1 p.m.

 **Gators Go Green Challenge**
Throughout April


 **Live-Streamed Wellness Classes**
Various days, 12 - 12:15 p.m.


 **Meditation for Beginners**
Mondays, 4:30 - 5 p.m.


 **Dance for Lifelong Health**
Tuesdays, 12:15 - 1:15 p.m.

 **Dance for Life**
Wednesdays, 1 - 2 p.m.

 **Gentle Yoga for Health**
Wednesdays 4:15 - 5:15 p.m.

 **Encore Dancers Workshop**
Thursdays, 1:45 - 2:45 p.m.

 **Zumba @ Professional Park**
Tuesdays and Thursdays, 5:30 - 6:15 p.m.

 **Alzheimer's Caregiver Support Group**
April 12, 12 - 1 p.m.

 **Diabetes Support Group**
April 24, 12 - 1 p.m.

MON




TUE

WED

THU

FRI

1  **Jumpstart**
 **Meditation for Beginners**
 **Spring Team Walking Challenge Begins**

2  **Relax**
 **Dance for Lifelong Health**
 **Zumba**

3  ~~**Relax**~~
 **Gentle Yoga for Health**
 **Dance for Life**

4  **Unwind**
 **Encore Dancers Workshop**
 **Zumba**




5  **Gators Go Green Challenge**

6  **Gator Steps for Lung Disease**
UF Health Bike Safety Rodeo

8  **Jumpstart**
 **Meditation for Beginners**

9  **Relax**
 **Dance for Lifelong Health**
 **Zumba**

10  ~~**Relax**~~
 **Gentle Yoga for Health**
 **Dance for Life**




11  **Unwind**
 **Encore Dancers Workshop**
 **Zumba**

12  **Alzheimer's Caregiver Support Group**

15  **Jumpstart**
 **Meditation for Beginners**

16  **Relax**
 **Dance for Lifelong Health**
 **Zumba**

17  ~~**Relax**~~
 **Gentle Yoga for Health**
 **Dance for Life**




18  **Unwind**
 **Encore Dancers Workshop**
 **Zumba**

19  **National Garlic Day**

22  **Jumpstart**
 **Meditation for Beginners**
 **Earth Day**

23  **Relax**
 **Dance for Lifelong Health**
 **Zumba**

24  ~~**Relax**~~
 **Gentle Yoga for Health**
 **Dance for Life**
 **Diabetes Support Group**




25  **Unwind**
 **Encore Dancers Workshop**
 **Zumba**

26 **NEW!**
 **LIVESTREAMED FITNESS CLASS!**
ALIGN

29  **Jumpstart**
 **Meditation for Beginners**

30  **Relax**
 **Dance for Lifelong Health**
 **Zumba**

1  ~~**Relax**~~
 **Gentle Yoga for Health**
 **Dance for Life**

2  **Unwind**
 **Encore Dancers Workshop**
 **Zumba**

3  **Align**
 **National Garden Meditation Day**

