



DECEMBER 2024


Wellness Programs for UF and UF Health Employees





WHAT'S NEW?


 Snowflake Trek Walking Challenge
December 1 - 31

 UF Mindfulness 360
December 2 @ 5:30 - 6:30 p.m.


 Halt the Salt Challenge
December 9 @ 12 - 1 p.m.


 Virtual Diabetes Support Group
December 10 @ 12 p.m.

 Sleep Apnea - UF Health Seminar
December 12 @ 1 - 2:30 p.m.

 Achieve Weight Loss - UF Health Seminar
December 12 @ 3 - 4 p.m.

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

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


 Dance for Joy
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.

 Brain Busters
December 1 - 28

 Alzheimer's Caregiver Support Group
December 13 @ 12 - 1 p.m.

MON

TUE

WED


THU

FRI




2  Jumpstart
 Meditation for Beginners
 Mindfulness 360

3  Dance for Joy
 Zumba

4  Build
 Dance for Life
 Gentle Yoga for Health

5  Unwind
 Encore Dancers Workshop
 Zumba

6  Snowflake Trek Walking Challenge

9  Jumpstart
 Meditation for Beginners
 Halt the Salt Challenge

10  Relax
 Virtual Diabetes Support Group
 Dance for Joy
 Zumba

11  Dance for Life
 Gentle Yoga for Health




12  Unwind
 Sleep Apnea UF Health Seminar
 Weight Loss UF Health Seminar
 Zumba

13  Alzheimer's Caregiver Support Group

16  Jumpstart
 Meditation for Beginners

17  Relax
 Dance for Joy
 Zumba

18  Build
 Dance for Life
 Gentle Yoga for Health



19  Unwind
 Encore Dancers Workshop
 Zumba

20  Seasonal Affective Disorder Month

23  Meditation for Beginners



24  Dance for Joy

25 Merry Christmas



26  Encore Dancers Workshop
 Zumba

27  Safe Toys Awareness Month

30  Jumpstart
 Meditation for Beginners

31  Relax
 Dance for Joy
 Zumba

1 Happy New Year

2  Unwind
 Encore Dancers Workshop
 Zumba

3  Bookmark our Weekly Food for Thought Blog!

