

MARCH 2025

Wellness Programs for UF and UF Health Employees



WHAT'S NEW?



Safari Expedition: Discovering Africa Individual Walking Challenge
March 1 - 31



Dance Fit Gators
March 3 - 14



A Mother's Mind
March 4 - April 4



Understanding your Cholesterol 3-Part Series
March 6 - 20



Virtual Diabetes Support Group
March 11 @ 12 p.m.



Mediterranean Style Meal Prep
March 11 @ 1 - 1:45 p.m.



Ask the Dietitian: Food Connects Us
March 12 @ 1 - 1:45 p.m.



Muscle March Text Program
March 17 - April 4



Pop-Up Yoga Classes @ Pro Park
March 17 & 19 @ 5:30 - 6:30 p.m.



Osteoarthritis vs. Rheumatoid Arthritis Webinar
March 19 @ 12 p.m.



Mind Marathon Text Program
March 20 - April 14



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.



Alzheimer's Caregiver Support Group
March 14 @ 12 - 1 p.m.

MON	TUE	WED	THU	FRI
3 Jumpstart Safari Expedition: Discovering Africa Dance Fit Gators Meditation for Beginners	4 Relax Safari Expedition: Discovering Africa A Mother's Mind Dance for Joy Zumba	5 Build Dance for Life Gentle Yoga for Health	6 Unwind Understanding your Cholesterol Part 1 Encore Dancers Workshop Zumba	7 Align Colorectal Cancer Awareness Month National Nutrition Month
10 Jumpstart Meditation for Beginners	11 Relax Virtual Diabetes Support Group Mediterranean Style Meal Prep Dance for Joy Zumba	12 Build Ask the Dietitian: Food Connects Us Dance for Life Gentle Yoga for Health	13 Unwind Understanding your Cholesterol Part 2 Encore Dancers Workshop Zumba	14 Align Alzheimer's Caregiver Support Group Sleep Awareness Week
17 Muscle March Meditation for Beginners Pop-Up Yoga Classes @ Pro Park	18 Relax Dance for Joy Zumba	19 Build Dance for Life Osteoarthritis vs. Rheumatoid Arthritis Gentle Yoga for Health Pop-Up Yoga Classes @ Pro Park	20 Unwind Understanding your Cholesterol Part 3 Encore Dancers Workshop Mind Marathon Zumba	21 Align National Women's History Month
24 Jumpstart Meditation for Beginners	25 Relax Dance for Joy Zumba	26 Build Dance for Life Gentle Yoga for Health	27 Unwind Encore Dancers Workshop Zumba	28 Align Irish American Heritage Month
31 Jumpstart Meditation for Beginners	1 Relax Dance for Joy Zumba	2 Build Dance for Life Gentle Yoga for Health	3 Unwind Encore Dancers Workshop Zumba	4 Align Bookmark our Weekly Food for Thought Blog!

