

At UF, we know the quality of our lives and the quality of our work are interdependent — and, as such, we place a high value on the health and wellbeing of our faculty and staff as well as their families. To learn more about these and other resources available to you, visit our website at worklife.hr.ufl.edu. You can also sign up for our weekly listserv by emailing hws-wellness@ufl.edu.



Fitness Classes

Free and low-cost classes — including Zumba, Pilates, Yoga and Turbo Fitness — at various times and locations throughout campus
worklife.hr.ufl.edu/wellness/ongoing-classes-programs

HealthStreet

Links community members to services and opportunities to participate in research relevant to them and hosts Fresh Wagon's weekly campus fruit and vegetable delivery
healthstreet.program.ufl.edu

RecSports

Recreation and fitness facilities, pools, group fitness classes, fitness assessment center, and indoor intramurals as well as premium services including massage therapy, personal training and small group training
recsports.ufl.edu

UF Health Fitness and Wellness Center

Medical fitness and personal training; payroll deduction available
fitness.ufhealth.org



Academic and Professional Association

Programs and networking designed for UF professional staff
apassembly.ufl.edu

Association for Academic Women

Connects UF professional women to enable personal growth, relationship building, career development and lifelong learning
sites.google.com/site/academicwomenufl

Reitz Union Programs, Arts and Leisure

Arts and crafts center, game room, leisure courses and more
www.union.ufl.edu/ProgramsArtsLeisure



Employee Assistance Program

Wide range of services — including free counseling sessions, evaluation and referral, smoking cessation services and online screening tools
eap.ufl.edu

UF Health Arts in Medicine

In addition to patient programs, offers education and special programs to the community
artsinmedicine.ufhealth.org

U Matter We Care

Educates our community about signs and symptoms of distress and provides those in distress with appropriate resources to receive professional assistance
www.umatter.ufl.edu



Baughman Center

Open for private contemplation on weekdays
performingarts.ufl.edu/venues/baughman-center

Center for Spirituality and Health

Hosts events and speakers addressing the interface of spirituality and the health sciences
spiritualityandhealth.ufl.edu

UF Health Integrative Medicine

Tai Chi, guided meditation and yoga; Mindfulness Based Stress Reduction; and mind-body self-healthcare program
ufhealth.org/integrative-medicine

UF Mindfulness

Interdisciplinary initiative to infuse mindfulness practices into courses, offer trainings and workshops, and serve as a catalyst for mindfulness throughout UF
mindfulness.ufl.edu



Alan and Cathy Hitchcock Field and Fork Pantry

Food pantry to assist faculty and staff experiencing food insecurity as well as campus farm, courses and more pantry.fieldandfork.ufl.edu

Financial Literacy and Retirement Education Program (FLARE)

Provides online tools and tips as well as regular classroom training courses designed to “illuminate the journey to financial security”

benefits.hr.ufl.edu/retirement/flare

GatorPerks

Discounts on products and services at businesses serving UF employees’ diverse needs and interests

benefits.hr.ufl.edu/gatorperks



CORE Outdoor Gear Rental

Rent canoes, paddleboards, kayaks and more for the day or a whole week — all available right on campus

recsports.ufl.edu/outdoors-adventure/outfitter-rental

Gator Community Supported Agriculture

Sign up at the beginning of the season for weekly delivery of fresh, seasonal produce from an area farmer; pick-up locations available on campus

sustainable.ufl.edu/gatorcsa

IFAS Solutions for Your Life

Resources and information on lawn and garden, sustainable living, family life, recreation, Florida produce and much more

solutionsforyourlife.ufl.edu

Lake Wauburg

Gator 1 card provides free admission for up to four guests with access to boating, swimming, volleyball, team development course, climbing wall and more

recsports.ufl.edu/outdoors-adventure/lake-wauburg

Office of Sustainability

Aims to create a sustainable, high quality of life at UF and beyond, including departmental bike share program, Green Teams, curriculum development and other programs

sustainable.ufl.edu



Employee Health Services

Flu shots, immunizations, travel counseling, lab tests and more shcc.ufl.edu/employees/employee-health-services

Environmental Health & Safety

Ergonomic services as well as a wide range of programs and resources designed to promote a safe and healthy campus learning environment

ehs.ufl.edu

Leadership Development at the University of Florida

Includes Managing at UF: The Supervisory Challenge, the UF Academy, and Advanced Leadership for Academics and Professionals as well as the UF Leadership Network

hr.ufl.edu/leadership@uf

Training & Organizational Development

Offers a range of personal and professional training programs and resources designed to help you be your best

hr.ufl.edu/learn-grow/

UF at Work

UF news and events relevant to employees’ work-life emailed biweekly and on Facebook/Twitter @UFatWork

news.hr.ufl.edu

Wellness Wednesdays and Media Library

UF and UF Health experts present on a range of wellness topics the first Wednesday of each month; attend in-person or online and visit the media library for recordings

worklife.hr.ufl.edu/wellness



Employee Education Program

Eligible full-time employees may receive tuition assistance for up to six credit hours per semester

learn-and-grow.hr.ufl.edu/education-programs

Higher Education Opportunity

Provides children of TEAMS employees with the opportunity of tuition assistance for an undergraduate education at UF

learn-and-grow.hr.ufl.edu/education-programs

Tuition Exchange Program

Dependent children of full-time, permanent status employees are eligible to apply

aa.ufl.edu/tep