

Employee Wellness Opportunities

Morgan Papworth
GatorCare Wellness Coordinator

UF & UF Health Wellness Committee

- Formed in 2013
- Our members
- Our mission
- Key responsibilities
 - Compile campus resources
 - Annual Events
 - Windows to Wellness
 - Quarterly Spotlights











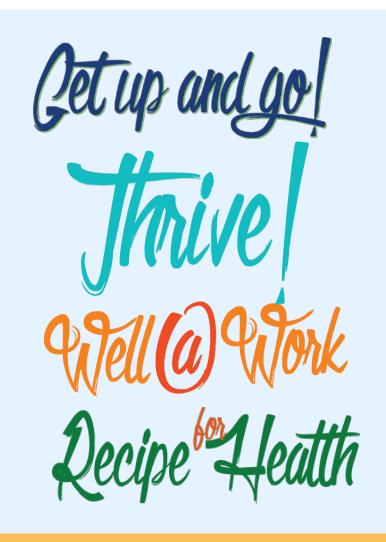






Ongoing Wellness Opportunities

- Quarterly Spotlights
 - o Get up and Go!
 - Thrive
 - Well@Work
 - Recipe for Health
- Free group fitness classes
 - Zumba
 - Pilates
 - Yoga



Ongoing Wellness Opportunities

- Presentations & workshops on all dimensions of health
 - Wellness Wednesdays
 - Past presentations housed in the Media Library
- Screenings
 - Blood pressure and body composition
- Challenges
 - Hydration
 - Walking
 - Sleep



Wellness Website





Stay up to date on wellness!

- Join the Wellness Email List
- Check the calendar at gatorcare.org/wellness
- Review InfoGator regularly
- Talk to your Wellness Partner or become a Partner for your area