



# Employee Wellness Opportunities

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

*Get up and go!*

*Thrive!*

*Well@Work*

*Recipe<sup>for</sup> Health*

# 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



[gatorcare.org/wellness](http://gatorcare.org/wellness)

The screenshot shows a web browser window displaying the GatorCare Wellness website. The browser's address bar shows the URL <http://gatorcare.org/wellness/>. The website header includes the UF Health logo and navigation links for Healing, Learning, Discovery, and Community. The main content area features the GatorCare logo, a search bar, and a navigation menu with options like Wellness, Health Resources, Network Directory, Health Plans, Pharmacy, and Contact Us. A sidebar on the left lists various wellness resources such as Calendar, Bring Wellness to Your Area, Quarterly Spotlights, Media Library, Wellness Partners, Wellness Committee, Windows to Wellness, and Jacksonville Wellness. The main content area is titled "Wellness" and features a large "Wellness" logo with the text "University of Florida and UF Health". Below the logo is a quote: "The UF & UF Health Wellness Committee, along with GatorCare, is dedicated to bringing wellness opportunities to all UF and UF Health employees, regardless of insurance coverage." The page also includes sections for "New and Noteworthy" and "Get Involved", each with a list of recent updates and events. The browser's taskbar at the bottom shows several open applications, including "Wellness - GatorC...", "Presentations", and "Wellness Overview...", along with the system clock showing 1:24 PM on 7/31/2015.

# Stay up to date on wellness!



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