



UW

Campus Recreation
Wellness Center

**Wellness Center Programs and Services
Summer 2019**

The Wellness Center works to create and support a culture of health and wellness at the University of Wyoming. Check out some of our upcoming offerings. Unless otherwise noted with (\$), most Wellness Center programs and services are free to UW students, faculty, and staff. Wellness Center summer hours are Monday-Friday, 11:00am-3:00pm

SUMMER 2019 PROGRAMS	DETAILS
General Wellness	
<ul style="list-style-type: none"> • Wellness Center tours. Come see the beautiful new Wellness Center and all that we have to offer. Highlights include the Zen Den, personal training room, massage therapy room, and athletic training room. 15-30 minutes; audiences of 3-10, but can negotiate accommodations for more. 	<ul style="list-style-type: none"> • As requested.
<ul style="list-style-type: none"> • Presentations and Outreach. We offer a variety of free educational programs and presentations on different health topics. Request a presentation for your organization or group. See our website for a list of our outreach topics. Minimum two weeks advance notice. 	<ul style="list-style-type: none"> • As requested. Two weeks advance notice, please.
<ul style="list-style-type: none"> • Health Assessments and Screenings. Check your blood pressure, take an online sleep assessment, get screened for alcohol, depression, anxiety, or other health issues. 	<ul style="list-style-type: none"> • Visit our website for screenings, or use our self-service blood pressure cuff in the Wellness Center lobby
<ul style="list-style-type: none"> • Zen Den Relaxation Lounge. Stop in the Wellness Center Zen Den for a break. Listen to relaxing music, feel the sun in your face, unplug from technology, and relax. 	<ul style="list-style-type: none"> • Available M-F, 11am-3:00pm.
<ul style="list-style-type: none"> • Wyoming Health Fair Blood Screening. The Wellness Center is excited to partner with Wyoming Health Fairs and offer blood screenings to benefitted faculty and staff. All State of Wyoming Health Plan participants (employees and spouses who are covered) may receive two blood screenings free of charge per calendar year. 	<ul style="list-style-type: none"> • Friday, June 21, 7:00am-10am in Half Acre Classroom 115. • Bring insurance and ID cards. • Prior to attending a draw, WHF recommends fasting 12 hours, unless diabetic. Please drink plenty of water and take medications as usual.
Stress Management and Mental Wellness	
<ul style="list-style-type: none"> • Massage Chairs. Whether you want help with relaxation and stress relief, or to work out muscle aches and pains, our electronic full-body massage chairs will leave you feeling rejuvenated. Free for UW students with valid WyoOne ID! 	<ul style="list-style-type: none"> • M-F, 11:30am to 2:30pm. • UW students only with valid WyoOne ID. • Schedule an appointment through the Wellness Center.
<ul style="list-style-type: none"> • Electronic Foot Massagers. Your feet work hard for you every day. Take care of them and yourself by getting a free, 15-minute foot 	<ul style="list-style-type: none"> • Free to UW students, faculty, and staff. • No appointments necessary.



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<p>massage with our fancy electronic foot massagers. Bring a friend because we have two!</p>	<ul style="list-style-type: none"> Wellness Center Zen Den, M-F, 11am-3pm
<ul style="list-style-type: none"> Drop-in Meditation. Drop in for a guided meditation practice. Great for beginners and experienced meditators! 	<ul style="list-style-type: none"> Every Thursday in the Wellness Center Zen Den from 12:15-12:45. Every Friday in the UW Art Museum from 12:15-12:45.
<ul style="list-style-type: none"> Big Sky Stress Management Mindfulness Workshops. This 4-week workshop teaches skills in mindfulness and meditation. The curriculum-based program will help you manage stress as well as find more satisfaction in your daily life. Great for beginners and experienced meditators! Register here: https://wellnesscenterprograms.as.me/classes 	<ul style="list-style-type: none"> Registration required Free to UW students, faculty, and staff. Series 1: Wednesdays June 5, 12, 19, 26 from 3:00-4:20pm Series 2: Mondays: July 8, 15, 22, 29 from 3:00-4:20pm Series 3: Mondays: August 5, 12, 19, 26 from 8:00-9:20am
<ul style="list-style-type: none"> Self-Love and Happiness Workshop Series Most of us feel compassion when a close friend is struggling. What would it be like to receive the same caring attention from yourself when you need it most? Gain skills for self-compassion and happiness. Join us for this 4-week workshop series and practice skills to enhance your capacity for emotional well-being. Register here: https://wellnesscenterprograms.as.me/classes 	<ul style="list-style-type: none"> Thursdays: July 11, 18, 25, Aug 1 3:00-4:20pm Half Acre 117
<ul style="list-style-type: none"> Kitty Cuddle Time. Come relax and manage your stress with adorable kittens! Pet them, read to them, sing to them, talk to them, snuggle them. Kittens are from the Laramie Animal Welfare Society and are also adoptable! 	<ul style="list-style-type: none"> Tuesday, June 18 Tuesday, July 16 3:00-4:00pm in Half Acre 115
Nutrition	
<ul style="list-style-type: none"> Free Fruit Fridays. Eating healthy doesn't have to be difficult. Stop by the Wellness Center every Friday and pick up a free piece of fruit, until supplies last. 	<ul style="list-style-type: none"> UW students only, please.
<ul style="list-style-type: none"> Smoothie Bike Rental (\$). Do you have a juicy event or meeting that you'd like to make even better? Let us help! Rent our smoothie bike on an hourly basis for special events. We provide the bike, staff, and all the delicious ingredients! Minimum two weeks advance notice. Contact us for a price quote. 	<ul style="list-style-type: none"> By request only. Two weeks advance notice, please.
Physical Wellness	
<ul style="list-style-type: none"> Adult Wellness for Faculty and Staff. The Adult Wellness Program for faculty and staff gives participants the opportunity to improve overall health, conquer challenging fitness goals, increase confidence, and learn proper exercise techniques to amplify their experience in a fun and motivating environment. We aim to create a realistic and lasting passion for health and fitness in adults that can be sustained for life. 	<ul style="list-style-type: none"> Included with Campus Recreation membership. Assessment Fair: Monday, June 3rd at noon in the Half Acre Group Exercise Studio (2ndFloor) First workout: Wednesday, June 5th at noon in the 2nd floor Group Exercise Studio. Workouts: Mon, Wed, Fri from noon to 1:00.
<ul style="list-style-type: none"> Walk with a Doc. Join our Exercise is Medicine-On Campus chapter and Iverson Memorial Hospital (IMH) as we take steps toward a 	<ul style="list-style-type: none"> 1st and 3rd Sunday of every month from 1:30-2:30pm at Washington Park. Meet by the bandshell.

<p>healthy lifestyle. IMH medical providers will walk with participants and be available to discuss health education topics.</p>	<ul style="list-style-type: none"> • No registration necessary. Open to UW and the Laramie community.
<ul style="list-style-type: none"> • Body Composition Testing. The scale and the mirror are not always the best way to judge body fat and the success of a fitness program. Body composition testing is a great way to set a baseline and track progress. Testing is conducted by certified Personal Trainers using skinfold calipers and bioelectrical electrical impedance to estimate body composition. The quick 15-minute sessions are conducted free of charge on a first come, first serve basis, once a month. Workout clothing is advised, but not mandatory. No registration or membership required! 	<ul style="list-style-type: none"> • Tuesday June 4th from 4:30-6:00pm in the Wellness Center. • No Body Composition testing during July and August
<ul style="list-style-type: none"> • Personal Training (\$). Receive personalized workouts and support to help you reach your fitness goals. 	<ul style="list-style-type: none"> • Must be a member of Half Acre. Fill out a personal training request form in the Wellness Center.
<ul style="list-style-type: none"> • Athletic Training. Let our Certified Athletic Trainer help you with your injury prevention and care needs. 	<ul style="list-style-type: none"> • Available only to UW students. • Not available June-July.

Contact us for more information:

Half Acre 107

307-766 WELL (9355)

Email: wellness@uwyo.edu

www.uwyo.edu/wellness

Snapchat: @UWwellness

Instagram: @UWwellness

Facebook: @wyowellnesscenter