



Intramural-Recreational Sports (IM-Rec Sports)

<http://recsports.virginia.edu/hoos-well>

All IM-Rec Sports classes are **FREE** for Employees & Spouses covered by the UVA Health Plan.

Classes with a ★ are “drop in” and do not require advance sign up or notice. Spring schedule begins January 21st.

Hoo's Well Beginner Strength	Jan 21-April 29	Mondays noon-12:45pm	AFC Drop-in – No registration	★
Hoo's Well Cycle	Jan 22-April 30	Tuesdays 5:30 – 6:30pm	NGRC Cycle Room Drop-in – No registration	★
Hoo's Well Caliente (Cardio Dance)	Jan 22-April 30	Tuesdays Noon – 1pm	AFC Drop-in – No registration	★
Hoo's Well Yoga	Jan 22-April 30	Wednesdays 5:30 – 6:30pm	NGRC Drop-in – No registration	★
Hoo's Well Zumba (45 minutes)	Jan 23-May 01	Wednesdays Noon – 12:45pm	AFC Drop-in – No registration	★
Hoo's Well Dance	Jan 21-April 29	Mondays 5:30 – 6:30pm	NGRC MP1 Drop-in – No registration	★
Hoo's Well Yoga	Jan 23-May 01	Wednesdays 5:30 – 6:30pm	Battle Building (Hospital) Quayle Conference Room	★
Hoo's Well Yoga	Jan 24-May 02	Thursday 5:30-6:30pm	Jefferson Quarry Building	★
Hoo's Well Aqua Intervals	Jan 24-May 02	Thursdays 6:00 – 7:00pm	AFC Pool Drop-in – No registration	★



Classes listed below are **FREE**, but do *require advanced registration* as there is limited space in each class and are instructional (building upon each week's previous class). *You are expected to attend the first class and at least 50% of the remaining classes in the course or you may not be eligible for future Hoo's Well sponsored IM-Rec classes.* Call 924-3791 or visit <http://recsports.virginia.edu/hoos-well> to register early as spaces fill quickly! **Registration opens January 07th.**

TRX Fusion	Jan 28-March 04 March 18-April 22 March 19-April 23	Mon: 5:30 – 6:30pm Mon: 5:30-6:30am Tues: 12:00p-12:50pm	Free- Call to register! Registration opens January 07th
Beginner Weight Training	Jan 28-March 04 Jan 29-March 05 March 18-April 22	Mon: 5:30-6:30pm Tues: 12:00p-12:50pm Mon: 5:30-6:30pm	Free- Call to register! Registration opens January 07th
Couch to 5k Training	Feb 05-April 18	Tuesdays/Thursday 5:30 – 6:30pm	Free- Call to register! Registration opens January 07th
Women on Weights	Jan 30-March 06 March 20-April 24	Wednesdays 5:30-6:30pm	Free- Call to register! Registration opens January 07th
Posture, Balance, Movement	Jan 30-March 06 March 20-April 24	Wednesdays 6:00 – 7:00pm	Free- Call to register! Registration opens January 07th
Intro to Kettlebells	Jan 30-March 06 March 20-April 24	Noon-12:50pm	Free- Call to register! Registration opens January 07th
Beginner Swim Variety of class times offered.	Feb 05-Feb 28 Feb 04-Feb 27 March 18-April 10 March 19-April 11	All Classes: 7:00-7:50pm Tues Thurs Mon Wed Mon Wed Tues Thurs	Free- Call to register! Registration opens January 07th
Beginner Tennis Variety of class times offered.	Feb 25-April 08 Feb 25-April 08 Feb 27-April 10 March 02-April 13	Mon: 6:00-6:50pm Mon: 7:00-7:50pm Wed: 6:00-6:50pm Sat: 11:00-11:50am	Free- Call to register! Registration opens January 07th

WW (formerly “Weight Watchers at Work”)

UVA Discounted Price: in-person meetings are \$38.22/month or Digital/Online Subscription at \$16.96/month. **Plus, receive a 50% reimbursement reward for regular attendance/use! Call 434.982.3344 for details on how Hoo's Well pays you back for your WW participation.**

To sign-up: <http://wellness.weightwatchers.com>
Use Employer ID: 60757



Employer Passcode: WW60757

UVA at Wise	Tuesdays	11:45 am	Alumni Hall 1 College Avenue Wise, VA -24293	Teresa Helton – Group Leader Debbie Vanover - (276) 376-1067
UVA Battle Building 1204 West Main Street	Tuesdays	5:45 pm	5 th Floor Lobby	Heather Clark – Group Leader Heather.clark@weightwatchers.com
2410 Old Ivy Road	Wednesdays	8:30 am	2410 Old Ivy Road Room 312A	Alexandra Butterfield – Group Leader Alex.butterfield@weightwatchers.com Erin Erickson – (434) 243-1021
UVA Department of Urology	Thursdays	1 pm	54 Hospital Street Auditorium (prostate center) 2 nd Floor of West Complex	Heather Clark – Group Leader Heather.clark@weightwatchers.com Erin Erickson – (434) 243-1021

FEAP

Register: <https://www.surveymonkey.com/r/feapregistration> email dds4e@virginia.edu or call 243-2643. For more information on FEAP: www.uvafeap.com. Watch our video: <https://vimeo.com/145657995>.

Inclement weather cancellation policy: If Albemarle County schools are closed, FEAP will cancel/reschedule the seminar.

The Science of Willpower	Jan 08 Jan 30	Noon-1pm Noon-1pm	Pinn Hall, G1G2 Newcomb Hall, Commonwealth Room
Relationships are Hard: Active Listening Can Help!	Jan 31	Noon – 1pm	Pinn Hall, 2ABC
Grown the Good: Harnessing the Power of Kindness	Feb 06	Noon – 1pm	Darden Foundations, Classroom 170
The Science and Practice of Compassion	Feb 21	Noon – 1pm	ERC, B
Back-Up Care Advantage	March 07 March 07	9:30-10:30am Noon-1:00pm	Curry School, Halloway Hall ERC, B
Teen Substance Abuse	April 10	Noon – 1pm	ERC, B
Balance with Beth	April 11	Noon-1pm	ERC, B
Understanding Anxiety	May 08 May 14	Noon – 1pm Noon-1pm	ERC, B Newcomb Hall, Room 389
Parenting in the Digital Age	May 22	Noon – 1pm	ERC, B
Stress First Aid: Caring for Self and Co- Workers	May 23 June 06	Noon – 1pm Noon-1pm	Newcomb Hall, Room 389 ERC B
Parenting Your 0-3 year Old: Skills and Techniques for Fostering Emotional Intelligence in Young Children	June 25	Noon-1p	Newcomb Hall, Room 389

Nutrition Counseling Center

<https://uvahealth.com/services/nutrition-services> or call 434-243-4749.

Employees & Spouses covered on the UVA Health Plan receive One Free Nutrition & Wellness (visit or Consultation) each year!

These free “one-on-one” nutrition appointments offer coaching-oriented nutrition therapy available for obesity, prediabetes, diabetes, hypertension and metabolic syndrome. Visit [UVA Nutrition](#) for more information. Schedule a Hoo’s Well nutrition consultation by emailing HWNutrition@virginia.edu or calling 243-4749. This one-time consultation is 50 minutes in length and FREE.

PRENATAL NUTRITION COUNSELING

As an expecting mother, you want the best for your baby. Come see a registered dietitian for individualized guidance on how to nourish yourself during and after pregnancy. Two free visits are included for all employees and spouses covered by the UVA Health Plan. To learn more, contact 434-243-4749 or hwnutrition@virginia.edu.

8 Weeks Towards Wellness:

A new approach to caring for health with obesity, pre-diabetes, controlled type 2 diabetes, or fatty livers with nutrition and movement coaching, mind-body skills, and self-care.

What is Food is Medicine

Food is Medicine is a 4 week cooking/learning class based on the principles of whole foods-plant- based eating. The food we eat can nurture our bodies and even prevent and treat disease. Unfortunately, our SAD (Standard American Diet) has led to an epidemic of chronic inflammatory diseases and reliance on processed high sugar high fat foods. Eating in a healthier way is possible and it can even taste delicious.

The Food is Medicine Course includes the why’s of how to eat healthier, but also the HOW’s (or HOOS) of making it work. Topics include information on plant proteins, myths of plant-based eating, how to stock your pantry, whole grains, alternative meat sources, fruits and vegetables. Some enticing recipes that will be demonstrated will include: Buddha bowl, Quinoa breakfast bars, Seitan bacon, Lara Bars.

Class is facilitated by Rebecca Mani LCSW and Mary Lou Perry RDN

When: Starts on Feb 5th promptly at 3:30 – 5:00 goes for 4 consecutive weeks (be sure to bring your water bottle)

Feb 5

Feb 12

Feb 19

Feb 26

Where: 500 Ray C Hunt Drive Heart Center Community Room

Cost: Free (you must commit to attending all 4 sessions)

Sign up: Contact Rebecca Mani LCSW at rm5fh@hscmail.mcc.virginia.edu

UVA WorkMed

Take charge of your health and feel better! Gain energy & productivity! Join us for any of the fall classes below.

Who: UVA employees and spouses, covered by Aetna health plan. No charge to participants (need Health Insurance number to register).



REGISTRATION – Opens January 7, 2019 at www.uvaworkmed.com

(Click on Hoos Well link in the right column, then class of your choice)

1. "Get Healthy Now" Tuesdays, Jan 22-Feb 26, 12 noon-1 pm

Small GROUP CLASS to improve fitness, nutrition, sleep, stress.

- Claude Moore Health Sciences Library, room 1212.
- Six classes, including behavior assessments.
- Change your habits for better blood pressure, lipids, glucose, and energy.
- Goal-setting, accountability and guided exercise in a group setting.
- Lead by Beth Frackleton, Chronic Care Coach and Jodi Harris, Registered Dietitian/Nutritionist

2. "Well At Work" Jan 21– Mar 1, access at your convenience.

Six week ONLINE program for improving eating and exercise habits.

- Coach guided and supported via email
- Individual feedback on your food and exercise logs.
- Video segments each week, to view at your convenience.
- Support, motivation and encouragement through weekly tips and links.
- Lead by Jodi Harris, Registered Dietitian/Nutritionist

Compassionate Care Initiative

Ongoing, weekly drop in sessions.

See <https://cci.nursing.virginia.edu/activities/calendar/> for details.

Sessions held January-April and September- December.

- **Meditation**
 - with Betty Mooney – Tuesdays and Thursdays, 1:00-1:30 p.m. - Health Sciences Library, The Studio
 - **Mindfulness Meditation** with Sam Green- Tuesdays, 5:30-6:30 p.m. - McLeod 2025
 - with Jonathan Bartels - Wednesdays, 6:00-7:00 a.m. - McLeod 2025
- **Alexander Technique and Stress Management**
 - with Betty Mooney – Tuesdays and Thursdays, 1:30-2:00 p.m. - Health Sciences Library, The Studio
- **T'ai Chi**
 - with Hiromi Johnson - Thursdays, 5:00-6:00 p.m. - McLeod 2010
- **Alphabet Sangha** with Dallas Ducar and Cathy Campbell- Every other Thursday, 5:00-6:00 p.m. - McLeod 2025

A bi-weekly meditation group for the Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Same-Gender Loving, and Two-Spirit communities, organized by CCI and Inclusion Diversity & Excellence Achievement (IDEA). We also welcome allies and people from other communities. Because that's such a mouthful, we call ourselves the Alphabet Sangha. We gather for meditation practice and a friendly, supportive community. Together we explore mindfulness and awareness for cultivating an open heart in our everyday lives.



Tobacco Cessation

Free acupuncture clinic (ear points only) every Tuesday from 5:30 – 6:30pm at the Charlottesville Health Department (1138 Rose Hill Drive, Entrance #3). For more information, contact Jill Lamar at 434-293-7736 or lamar.acupuncture@gmail.com.

This free weekly clinic offers a 45-minute acupuncture session in a quiet group setting. No appointments necessary; Improve sleep, mood, and sense of wellbeing; Enhance concentration; reduce pain, stress, and anxiety. Reduce discomfort when quitting smoking or using other tobacco products.

Quit Smoking Charlottesville – Every Thursday, 5:30 – 6:30pm, March 14th – April 25th at the Region Ten Building, 800 Preston Ave, Charlottesville, VA 22903.

Quit Smoking Louisa – Every Wednesday, 5:30 – 6:30pm, March 13th – April 24th at the Betty J. Queen Center Meeting Room, 522 Industrial Drive, Louisa, VA 23093.

FREE support groups for anyone in the greater-Louisa or Charlottesville area that wants to quit smoking! Friendly and supportive group setting, no advance registration needed, and on-site parking available. Learn about and experience strategies for quitting such as medication options, acupuncture, stress reduction, nutrition, and more!

For questions, call Scott Mein (Facilitator) at 862-432-0490 or Ali Capriles at 434-270-4058.

UVA Exercise Physiology Core Lab

Discounted body composition and exercise testing for employees and spouses on the UVA Health Plan. Visit the lab to learn more about your body and achieve your health and fitness goals. Located in the Barringer Wing of Hospital West with free, convenient parking. To make an appointment: lisafarr@virginia.edu or 434-982-3565. Visit <https://med.virginia.edu/exercise-physiology-core-laboratory/> or follow on Facebook at UVAExLab for more details.

Body Composition Analysis (discover your body fat %, lean & fat mass)	UVA Discount Price \$65.25 (repeat tests to track progress: \$45.68)		
Resting Metabolic Rate (How many calories your body burns at rest. Helpful for successful weight loss and maintenance.)	UVA Discount Price \$65.25	Anytime	www.exlab.medicine.edu
Fitness Capacity (Fitness level and max heart rate. Create a baseline for future improvement.)	UVA Discount Price \$117.45		
Girth Measurements (Another method to track how your body changes with exercise.)	UVA Discounted Price \$6.53		

Exercise test with lactate measurements (For athletes in training who want to improve performance)	UVA Discounted Price \$163.13		
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Hoo's Fit Fridays!

Every Friday be sure to wear your tennis shoes so you can easily add extra steps to your day. Together, we will make a powerful impact on improving the health of our University!

Financial Wellness "Pop Up" Sessions - Bring financial workshops onsite to your office!

In partnership with the University of Virginia Community Credit Union, Hoo's Well is pleased to offer free pop-up financial wellness seminars. Have a small group interested in an onsite class? [Review the list](#) and submit your request. Each class is roughly an hour. To sign-up, please email hooswell@virginia.edu.

Join Fidelity Investments for educational onsite workshops to learn strategies and tips to help manage your financial future. Register at www.getguidance.fidelity.com or call 800.642.7131 to schedule a one on one consultation with a registered Fidelity Representative.

Feel more confident about your finances Join UVA and Fidelity for educational workshops, where you'll learn strategies and tips to help you manage your financial future with confidence.

Onsite Workshops

Quarterly Market Update: Get the latest market update, including U.S. Equity, International Equity, and Fixed Income markets, as well as macro- and micro-economic updates.

Date: Wednesday, February 20, 2019

Time: 4:00pm – 5:00pm

Location: Carruthers Hall, Carr-1

Fundamentals of Retirement Income Planning: Designed for pre-retirees, this workshop will help you build and implement a plan for living well in retirement.

Date: Thursday, March 14, 2019

Time: 11:00am – 12:00pm


Location: Education Resource Center (next to the Caner Center at the UVA Health System)
Room B

- Register Now for Onsite Workshops: <http://getguidance.fidelity.com/>

Web Workshops

Create a Budget, Ditch Your Debt, and Start Building for the Future: February 5, 2019

If you want to get your monthly finances on track: Learn about tools, tips, and strategies to help you balance paying down your debt with saving for your future goals.



Invest Confidently for Your Future: February 14, 2019: If you want to manage your own investments: Learn how to build and manage a long-term investment plan for all your accounts that you can feel confident about.

Turn Your Savings into Retirement Income: March 12, 2019 If you're planning to retire within the next few years: Learn the benefits of a retirement income plan, factors to consider when transitioning your savings into income, and ways to develop a retirement plan for your goals and lifestyle.

Can't make it to an event?

- Call 800.603.4015 or visit go.fidelity.com/appointment to schedule a one-on-one

Social Wellbeing - Social Wellness is a huge part of our overall health and wellbeing. Here at UVA, we want you to feel appreciated and rewarded for all of your hard work and dedication to the institution. Social wellness at UVA is made up of three key areas: Reward and Recognition, Hoo's Well Socials with Colleagues, Friends, and Family, and Volunteering in the Community. Check back often for social events and activities per department. This spring offers:

Contact April Torres at aat8b@virginia.edu with any questions.

Have a healthy event or activity that you'd like to advertise? Contact hooswell@virginia.edu or follow us on Facebook or Twitter and let us know!

