



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.

Hoos Well Zumba	08/26 – 12/16	Monday 5:15-6:15pm	Battle Building	★
Hoos Well Beginner Strength	08/26 – 12/16	Monday 6:00-6:45 am 12:00-12:45pm 5:30-6:15pm	AFC	★
Hoos Well Caliente	08/27 – 12/17	Tuesdays 12:00 – 12:45pm	AFC	★
Hoos Well Cycle	08/27 – 12/17	Tuesday 5:30-6:15pm	NGRC Cycle Room	★
Hoos Well Zumba	08/28 – 12/18	Wednesday 12:00 – 12:45pm	AFC	★
Hoos Well Aqua Jogging	08/26 – 12/16 08/28 – 12/18	Monday 5:15-6:15pm Wednesday 5:15-6:15pm	NGRC Pool	★
Hoos Well Yoga	08/28 – 12/18	Wednesday 5:30-6:30pm	Battle Building (Hospital)	★
Hoos Well Yoga	08/29 – 12/19	Thursday 12:00-1:00pm	Jefferson Quarry Building	★
Hoos Well Barre	08/29 – 12/19	Thursday 12:00-12:45pm	AFC	★
Hoos Well Integral Yoga	08/29 – 12/19	Thursday 5:30-6:15pm	AFC	★
Hoos Well Aqua Intervals	08/29 – 12/19	Tuesday 6:00-7:00pm	AFC Pool	★

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 Hoos Well sponsored IM-Rec classes.* Call 924-3791 or visit <http://recsports.virginia.edu/hoos-well> to register early as spaces fill quickly! **REGISTRATION START AUGUST 12! CALL TO REGISTER!**

TRX Fusion	09/02 – 10/14 10/21 – 11/25	Mon: 5:30-6:30pm Mon: 5:30-6:30pm	Park/NGRC Park/NGRC
Beginner Weight Training	09/02 – 10/14 09/05 – 10/10 10/17 – 11/21 10/22 – 11/19	Mon: 5:30-6:30pm Thurs: 5:30-6:30pm Thurs: 5:30-6:30pm Mon: 5:30-6:30pm	AFC MP3 AFC MP3 AFC MP3 AFC MP3
Couch to 5k Training	09/10 – 11/14	Tuesdays/Thursday 5:15 – 6:30pm	AFC/Park
Women on Weights	09/03 – 10/15 09/04 – 10/09 10/16 – 11/20 10/22 – 11/26	Tues: 5:30-6:30pm Wed: 5:30-6:30pm Wed: 5:30-6:30pm Tues: 5:30-6:30 pm	AFC MP3 AFC MP3 AFC MP3 AFC MP3
Posture, Balance, Movement	09/04 – 10/09 10/16 – 11/20	Wednesday 6:00 – 7:00pm	AFC 206/ Fit Floor AFC 206/ Fit Floor
Residents on the Move (ROM)	09/07 – 10/12 10/16 – 11/20	Saturday 12:30-1:30pm	NGRC Cycle/MP1 NGRC Cycle/MP1
Cy-Yo	09/04 – 10/09 10/16 – 11/20	Wednesday 5:15-6:15pm	AFC Cycle/MP1
Yoga and Meditation	09/03- 10/15	Tuesday 5:15-6:15pm	NGRC MP3
Intro to Kettlebells	09/04 – 10/09 10/16 – 11/20	Wed: 12:00-1:00pm Wed: 12:00-1:00pm	SRC Fitness
UVA Fitness Bench Press Clinic	8/30 9/27 10/18 11/08	Fri: 1:00-2:00pm Fri: 1:00-2:00pm Fri: 1:00-2:00pm Fri: 1:00-2:00pm	SRC Fitness
UVA Fitness Squat Clinic	9/13 10/04 10/25 11/15	Fri: 1:00-2:00pm Fri: 1:00-2:00pm Fri: 1:00-2:00pm Fri: 1:00-2:00pm	SRC Fitness
UVA Fitness Deadlift Clinic	9/20 10/11 11/01 11/22	Fri: 1:00-2:00pm Fri: 1:00-2:00pm Fri: 1:00-2:00pm Fri: 1:00-2:00pm	SRC Fitness

Hoos Well Adult Swim: Basics	09/09 – 10/14 09/09 – 10/14 09/11 – 10/16 09/14 – 10/14	Mon: 6:00-7:00pm Mon: 7:00-8:00pm Wed: 6:00-7:00pm Sat: 11:00-12:00pm	AFC Pool
Hoos Well Adult Beginner Tennis	09/09 – 10/02 09/10 – 10/03 10/14 – 11/06 10/15 – 11/07	Mon/Wed: 7:00-8:00pm Tues/Thurs: 7:00-8:00pm Mon/Wed: 7:00-8:00pm Tues/Thurs: 7:00-8:00pm	Snyder Tennis Center

WW (Weight Watchers Reimagined):

The University of Virginia is committed to helping you reach your wellness goals—to lose weight, eat healthier, move more, develop a more positive mindset, or all the above—by offering discounted pricing and 50% reimbursement* on the WW offerings listed below. Join WW, and you'll get access to lots of exciting features, including exclusive mindset content through Headspace®, and incredible products and experiences through our rewards program, **WellnessWins™**.

WW welcomes everyone who seeks to be healthier, not just manage their weight.

The University of Virginia employees enrolled in a state health plan are eligible for WW discounted pricing and 50% reimbursement. Spouses and dependents are eligible for discounted pricing only.

Choose the plan that's right for you	Digital	Digital + Workshops
Special Monthly Pricing	\$16.96	\$38.22
The University of Virginia reimbursement per month	50%	50%
Your price per month	\$8.48	\$19.11
Reimbursement criteria	Submit your Weight Trackers and Accounts Status Page	Attend at least 10 Workshops in 3 months

To sign up for WW, visit wellness.weightwatchers.com and enter **Employer ID: 60757**

For questions or assistance registering please call the WW Wellness Hotline at 866-204-2885.

Attend a WW Workshop in the Workplace at UVA

UVA at Wise	Tues.	12:00 pm Wellness Check In 12:15 pm Workshop	Alumni Hall 1 College Avenue Wise, VA -24293	WW Coach: Teresa Helton Teresa.Helton@weightwatchers.com UVA Wellness Champion: Debbie Vanover - dlv8y@uvawise.edu
UVA Battle Building	Mon.	5:00 pm Wellness Check In 5:15 pm Workshop	5th Floor Waiting Room 1204 West Main Street Charlottesville, VA 22903	WW Coach: Debbie Bower Debbie.Bower@weightwatchers.com UVA Wellness Champion: Position Available
2410 Old Ivy Road	Wed.	8:15 am Wellness Check in 8:30 am Workshop	Room 312A 2410 Old Ivy Road Charlottesville, VA 22903	WW Coach: Debbie Bower Debbie.Bower@weightwatchers.com UVA Wellness Champion: Rebecca Latimer rtl6m@virginia.edu
UVA Prostate Center and Eye Clinic	Mon.	12:45 pm Wellness Check In 1:00 pm Workshop	54 Hospital St. Lobby 2 nd Floor of West Complex 1300 Jefferson Park Ave Charlottesville, VA 22908	WW Coach: Debbie Bower Debbie.Bower@weightwatchers.com UVA Wellness Champion: Violet Snipes-Azzi Yps4n@virginia.edu

Interested in a Workshop in your Workplace but don't see it on this schedule?

A minimum of 15 or more teammates are needed to establish a new WW Workshop.

To request a Workshop in the workplace, email paul.kalis@weightwatchers.com

Wellness Champions who have 15 or more co-workers attending a WW Workshop in the workplace will receive their Workshops membership FREE for 3 months.

WW Webinars

Attend live, interactive webinars hosted by WW. Webinars are available to WW members and non-members.

Register at webinars.weightwatchers.com with **Employer ID: 60757**

Webinars will be on demand following the live presentation. Simply go to the same registration link above to watch the webinar at a convenient time for you.

Webinar Topic	Date	Time	Registration Link
Cooking with Julie: ZeroPoint Cooking	Thursday, September 22	2:00 pm EST	webinar.weightwatchers.com/s/ZeroPoint
The science behind WW	Tuesday, October 08	2:00 pm EST	webinar.ww.com/s/Science
Cooking with Julie: Solutions for the Holidays	Monday, November 04	1:00 pm EST	webinar.ww.com/s/SFH2019
The WW Experience	Tuesday, December 03	1:00 pm EST	webinar.ww.com/s/WWExperienceDec19

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.

Improving Results and Relationships through Communication	Wednesday, Aug 14	Noon – 1pm	ERC, Room B
Yoga for Resilience and Less Stress	Early Sept, TBD	Noon - 1pm	TBD
Do Good, Feel Good, The Positive Impact of Helping Others	Wednesday, Sept 11	Noon – 1pm	ERC, Room B
Stress First Aid: Caring for Self and Coworkers	Wednesday, Sept 18	Noon – 1pm	ERC, Room B
Balance Training Today to Improve your Memory Tomorrow	Monday, Oct 07	11:30am – 12:30pm	Claude Moore Health Science Library, 1331/1333

Stress 101	Thursday, Oct 24	Noon - 1pm	Leake Building- Room RM 116
Understanding Alzheimer's and other Dementias	Thursday, Oct 24	Noon – 1pm	ERC, Room B
Funeral Planning and Cremation: What Everyone Needs to Know	Wednesday, Nov 06	Noon – 1pm	ERC, Room B
Understanding Depression	Tuesday, Nov 12 (tentative)	Noon - 1pm	Bavaro Hall- Room 116 (tentative)
Cultivating Spiritual Wellbeing: Why and How	Tuesday, Dec 10	Noon - 1pm	2400 Old Ivy Road- Room 189
Cultivating Spiritual Wellbeing: Why and How	Wednesday, Dec 11	Noon – 1pm	ERC, Room B

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 Hoos 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.

Hoos Livin' It:

The mandatory free information sessions will be held **September 5th and 11th** at IM Rec from 5:30 – 6:30 in the Aquatic and Fitness Center (AFC) Classroom #201.

UVA WorkMed:

UVA-WorkMed offers flu shots and vaccinations, and provides in-person and chronic care coaching options. Call 434.243.0075 or visit the website.

“Well at Work”: Six week ONLINE program for improving eating and exercise habits.

September 17-October 22, 2019

Led by Jodi Harris, Registered Dietitian/Nutritionist, this 6 week online video segments to view at your convenience each week, will help improve your eating and exercise habits. Each week, support, motivational and encouragement tip and links will be sent with coach guided and individual feedback on your food and exercise logs.

“Get Healthy Now”: Small GROUP CLASS to improve fitness, nutrition, sleep, stress.

Mondays, September 9-October 14, 2019 from 12:00-1:00 pm

Location: Health Science Library Room 1234

Led by Beth Frackleton, Chronic Care Coach and Jodi Harris, Registered Dietitian/Nutritionist, these six classes, including behavior assessments will help change your habits for better blood pressure, lipids, glucose, and energy. Also, goal-setting, accountability and guided exercise in a group setting will be offered

Contemplative Science

If you'd also like to see the UVA academic classes that have contemplative content, they are here:

<https://csc.virginia.edu/list/class/uvacourses>

Yoga website with details to link to: <https://csc.virginia.edu/activity/yoga-2019>

Yoga: pass required

- Mysore - Monday-Friday, 6:00-8:30pm – NGRC MP3
- Beginner Mysore – Monday –Thursday, 8:30-9:30pm – NGRC MP3
- Ashtanga - Tuesday and Thursday, 5:30-6:30pm – AFC MP1
- Led Ashtanga Primary Series (Counted Vinyasa) – Saturday, 9:00-10:30am – NGRC MP3
- Intro to Ashtanga (4 Sessions) – Sept 07-08, 14-15, 12:00-1:00pm – NGRC

Compassionate Care Initiative:

Ongoing, weekly drop in sessions.

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

Sessions held August-December.

- **Yoga**
 - with Dorothe Bach: Mondays, 5:00-6:00 pm - McLeod 2025
 - Chair Yoga with Hannah Crosby: Wednesdays, 12:00-12:30 pm - McLeod 2025
 - with Hannah Crosby: Wednesdays, 12:30-1:15 pm - McLeod 2025
- **Mindfulness Meditation** with Sam Green: Tuesdays, 5:30-6:30 pm - McLeod 2025
- **Meditation**
 - with Betty Mooney: Tuesdays and Thursdays, 1:00-1:30 pm - Health Sciences Library, The Studio
 - 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 pm - Health Sciences Library, The Studio
- **T'ai Chi** with Hiromi Johnson: Thursdays, 5:00-6:00 pm - McLeod 2010
- **Alphabet Sangha** with Dallas Ducar and Cathy Campbell –
 - Every other Thursday, 5:00-6:00 pm - McLeod 2025

A bi-weekly meditation group for the Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Same-Gender Loving, and Two-Spirit communities, organized by 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.



Financial Wellness “Pop Up” Sessions:

Bring financial workshops onsite to your office!

In partnership with the University of Virginia Community Credit Union, Hoos 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.

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, Hoos 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.

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.

Great American Smoke Out- 3rd Thursday in November at the Carver Rec Center in Charlottesville from 11am-1pm

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)	Anytime	www.exlab.medicine.edu
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	Anytime	www.exlab.medicine.edu
Girth Measurements (Another method to track how your body changes with exercise.)	UVA Discounted Price \$6.53	Anytime	www.exlab.medicine.edu
Exercise test with lactate measurements (For athletes in training who want to improve performance)	UVA Discounted Price \$163.13	Anytime	www.exlab.medicine.edu

Have a healthy event or activity that you'd like to advertise?

Contact hooswell@virginia.edu or follow us on Facebook, Instagram and Twitter!

