



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 Beginner Strength	May 21-July 30	Tuesday 12:00-12:45pm	AFC MP2 Drop-in – No registration	★
Hoos Well Cycle	May 21-July 30	Tuesdays 5:30 – 6:30pm	NGRC Cycle Room Drop-in – No registration	★
Hoos Well Barre	May 23-August 01	Thursday 12:00-1:00pm	AFC MP2 Drop-in – No registration	★
Hoos Well Yoga	May 23-August 01	Thursday 5:15 – 6:15pm	NGRC MP3 Drop-in – No registration	★
Hoos Well Zumba	June 03-July 29	Monday 5:15-6:15pm	Battle/Quayle Drop-in – No registration	★
Hoos Well Yoga	May 08-July 31	Wednesday 5:30-6:30pm	Battle Building (Hospital) Quayle Conference Drop-in – No registration Room	★
Hoos Well Yoga	May 09-August 01	Thursday 12:00-1:00pm	Jefferson Quarry Building Old Ivy Road Drop-in – No registration	★
Hoos Well Aqua Jogging	May 22-July 31	Wednesday 5:15-6:15pm	NGRC 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 Hoos Well sponsored IM-Rec classes.* Call 924-3791 or visit <http://recsports.virginia.edu/hoos-well> to register early as spaces fill quickly! **FREE: CALL TO REGISTER!**

TRX Fusion	May 20-July 01 July 08-August 12	Mon: 5:30-6:30pm Mon: 5:30-6:30pm	Park/NGRC Park/NGRC
Beginner Weight Training	May 13-June 24 May 21-June 25 July 01-August 05 July 02-August 06	Mon: 5:30-6:30pm Tues: 12:00-12:50pm Mon: 5:30-6:30pm Tues: 12:00-12:50pm	AFC MP3 AFC MP3 AFC MP3 AFC MP3
Couch to 5k Training	May 28-August 01	Tuesdays/Thursday 5:15 – 6:15pm	AFC/Park
Women on Weights	May 20-June 26 May 23-June 27 July 01-August 07 July 11-August 15	Mon/Wed: 5:50-6:30pm Thurs: 5:30-6:30pm Mon/Wed: 5:30-6:30 pm Thurs: 5:30-6:30pm	AFC 201 (M), MP3 (W) AFC MP3 AFC 201 (M), MP3 (W) AFC MP3
Posture, Balance, Movement	May 22-June 26 July 03-August 07	Wednesday 6:00 – 7:00pm	AFC 206/ Fit Floor AFC 206/ Fit Floor
Outdoor Boot Camp	May 23-June 27 July 11-August 15	Thursday Noon-12:50pm	OHill Green/AFC MP3 OHill Green/AFC MP3
Cy-Yo	May 22-June 26	Wednesday 5:15-6:15pm	AFC Cycle/MP4
Beginner Swim	June 17-July 10	Mon: 7:00-7:50pm	AFC Pool
Beginner Tennis Variety of class times offered.	June 10-July 15 June 10-July 15 June 12-July 17 June 12-July 17	Mon: 6:00-6:50pm Mon: 7:00-7:50pm Wed: 6:00-6:50pm Wed: 7:00pm-7:50pm	Snyder Tennis Center

WW (formerly “Weight Watchers at Work”):

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

UVA employees enrolled in a state health plan are eligible for the WW discounted pricing and **50%** reimbursement. Spouses and dependents are eligible for discounted pricing only. **UVA Discounted Prices:** in-person meetings are \$38.22/month or Digital/Online Subscription at \$16.96/month

To enroll, visit wellness.weightwatchers.com, enter **UVA Employer ID: 60757** and your **Employee ID**.



UVA at Wise	Tues.	11:45 am Wellness Check In; Meeting after	Alumni Hall 1 College Avenue Wise, VA -24293	Group Leader: Teresa Helton Teresa.Helton@weightwatchers.com Debbie Vanover - (276) 376-1067
UVA Battle Building	Tues.	4:45 pm Wellness Check In; Meeting after	1204 West Main St. 5 th Floor Lobby	Group Leader: Heather Clark Heather.clark@weightwatchers.com
2410 Old Ivy Road	Wed.	8:15 am Wellness Check in; Meeting after	2410 Old Ivy Road Room 312A	Group Leader: Alexandra Butterfield Alex.butterfield@weightwatchers.com
UVA Prostate Center and Eye Clinic	Thurs.	12:30 pm Wellness Check In; Meeting after	54 Hospital St. Auditorium 2 nd Floor of West Complex	Group Leader: Heather Clark Heather.clark@weightwatchers.com

**To bring a new WW Workshop to your UVA location, please contact Paul Kalis at Paul.Kalis@weightwatchers.com

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

Webinar Topic	Date	Time	Registration Link
Cooking With Julie: Cooking for 1 or 2	Thursday, May 9 th	2:00 p.m. EST	Cooking With Julie: Cooking for 1 or 2
A Transformation Story: Male POV	Thursday, June 13 th	2:00 p.m. EST	A Transformation Story: Male POV
All about the App 2019	Tuesday July 16 th	2:30 p.m. EST	webinar.weightwatchers.com/s/AllAbouttheApp2019
WW Experience 20	Tuesday, August 06 th	2:30 p.m. EST	webinar.weightwatchers.com/s/NEWWWExperience2019
Cooking with Julie: ZeroPoint Cooking	Thursday, September 22 th	2:00 p.m. EST	webinar.weightwatchers.com/s/ZeroPoint

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.

Understanding Anxiety	May 08 May 14	Noon – 1pm Noon-1pm	ERC, B Newcomb Hall, Room 389
Raising the Digital Generation	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
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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.

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.

Compassionate Care Initiative:

Ongoing, weekly drop in sessions.

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

Sessions held May-August.

- **Yoga**
 - with Dorothe Bach - Mondays, 5:00-6:00 p.m. - McLeod 2025
 - **Chair Yoga** with Hannah Crosby -Wednesdays, 12:00-12:30 p.m. - McLeod 2025
 - with Hannah Crosby - Wednesdays, 12:30-1:15 p.m. - McLeod 2025
- **Mindfulness Meditation** with Sam Green- Tuesdays, 5:30-6:30 p.m. - McLeod 2025
- **Meditation**
 - with Betty Mooney – Tuesdays and Thursdays, 1:00-1:30 p.m. - 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 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 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)	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		

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		

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.

[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!](#)

