



WARHAWK
WELLNESS

... UW-WHITEWATER ...

2025 Employee Wellness Fair

- At the fair, you will have the opportunity to talk with a variety of Wellness providers from both on and off campus!

In addition to the Wellness providers, you can also enjoy:

- Meditation in UC266
 - Massages from Blue Sage Massages and RedTail Massage & Wellness LLC in UC262
 - Kindness Starts with Self Care Workshop in UC268 from 11-11:30am. Registration is required. Visit the Worksite Wellness website for more information
 - Chair Yoga in UC264 starting at 10:30am for 15 minute sessions
- This year's Wellness Fair is also an Employer Sponsored Activity and can be used toward the Well Wisconsin \$150 Wellness Incentive! Visit the Worksite Wellness website for more information on how to get the \$150 Wellness Incentive!

All employees are encouraged to attend! Any questions, please reach out to the Wellness Team

(262) 472-1024 // worksitewellness@uww.edu



Tuesday, April 8th, 2025

University Center 275 A&B
10:00am - 1:00pm

