



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. Fall schedule begins September 3rd.

Hoo's Well Barre	Sept. 3 rd – Nov. 19 th	Mondays Noon - 1pm	AFC MP2 Drop-in – No registration	★
Hoo's Well Cycle	Sept. 3 rd – Nov. 19 th	Mondays 5:30 – 6:30pm	NGRC Cycle Room Drop-in – No registration	★
Hoo's Well Caliente (Cardio Dance)	Sept. 4 th – Nov. 20 th	Tuesdays Noon – 1pm	AFC MP2 Drop-in – No registration	★
Hoo's Well Yoga	Sept. 4 th – Nov. 20 th	Tuesdays 5:30 – 6:30pm	NGRC MP3 Drop-in – No registration	★
Hoo's Well Zumba (45 minutes)	Sept. 5 th – Nov. 21 st	Wednesdays Noon – 12:45pm	AFC MP2 Drop-in – No registration	★
Hoo's Well Dance	Sept. 5 th – Nov. 21 st	Wednesdays 5:30 – 6:30pm	NGRC MP1 Drop-in – No registration	★
Hoo's Well Yoga	August 15 th - Dec. 17 th	Wednesdays 5:30 – 6:30pm	Battle Building (Hospital) Quayle Conference Room	★
Hoo's Well Yoga	August 16 th – Dec. 17 th	Thursdays Noon – 1pm	Jefferson Quarry Building	★
Hoo's Well Pilates	September 6 th – Nov. 15 th	Thursdays 5:30 – 6:30pm	NGRC MP3 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 August 13th.**

TRX Fusion	Session 1 begins Sept. 10 th Session 2 begins Oct. 29 th	Mondays 5:30 – 6:30pm	Free- Call to register! Registration opens August 13
Self Defense Conditioning	Session 1 begins Sept. 10 th Session 2 begins Oct. 29 th	Mondays Noon – 1pm	Free- Call to register! Registration opens August 13
Beginner Weight Training	Session 1 begins Sept. 10 th Session 2 begins Oct. 29 th	Mondays 5:30 – 6:30pm	Free- Call to register! Registration opens August 13
Couch to 5k Training	Sept. 11 th – Nov. 15 th	Tuesdays 5:30 – 6:30pm	Free- Call to register! Registration opens August 13
Women on Weights	Sept. 12 – Oct. 31 st	Wednesdays 5:30 – 6:30pm	Free- Call to register! Registration opens August 13
Posture, Balance, Movement	Sept. 19 th – Nov. 7 th	Wednesdays 6:00pm – 7:00pm	Free- Call to register! Registration opens August 13
Intro to Mysore Ashtanga Yoga	One day class	Sunday, Sept. 9th Noon	Free- Call to register! Registration opens August 13
Swimming & Tennis – Beginner Levels Variety of class times offered.	Swim: September 11 th Tennis: Class start and end dates vary.	Visit IM-Rec link above for the dates & times classes are offered.	Free- Call to register! Registration opens August 13

Weight Watchers™ at Work

UVA Discounted Price: in-person (at Work), meetings are \$38.22/month or Online Subscription at \$16.96/month. **Plus, receive a 50% reimbursement reward for regular attendance/use! Call 434.243.1021 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
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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.

Cultivating a Positive Mindset	August 8 th	11am – Noon	Education Resource Center, Room B
Understanding Long Term Care Insurance	August 23 rd	Noon – 1pm	2400 Old Ivy Rd, Room 189
The Joys & Challenges of Parenting Young and Elementary Aged Children	September 14 th	Noon – 1pm	Education Resource Center, Room B
The Wisdom of the Enneagram	September 18 th OR December 6 th	Noon – 1pm	Newcomb Hall, South Meeting Room OR Education Resource Center, Room B
Loneliness & Its Individual and Collective Impact	September 27 th	Noon – 1pm	Education Resource Center, Room B
Self-Care for Caregivers	October 2 nd	Noon – 1pm	Newcomb Hall, South Meeting Room
From Managers to Consultants: Parenting Our Teens	November 7 th	10am – 11am	Newcomb Hall, South Meeting Room
Planning for Your Own Long Term Care	November 9 th	Noon – 1pm	Education Resource Center, Room B
Keeping the Love Alive in Long Term Relationships	November 14 th	Noon – 1pm	Newcomb Hall, South Meeting Room
Keeping the Love Alive	December 14 th	Noon – 1pm	Newcomb Hall, South Meeting Room

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.

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.

Please register and attend an info session on Thursday, Sept. 6th or 13th from 4pm – 5pm.

Class dates to follow the info/orientation: Oct. 4 – Nov. 29, 2018. Thursdays from 4pm – 5:45pm. Both orientation and class location is Fontaine, 500 Ray C. Hunt, 1st Floor, Community Room, Heart Center.

Please register for all Nutrition Counseling Center classes or appointments with Debbie Mazzone. Phone: (434) 243-4749, Email: dam2r@virginia.edu or hwnutrition@virginia.edu

Nourishing Resilience:

This special training gives you the skills to manage stress and implement your healthy intentions. Humans make better health choices when in a balanced brain state; we choose poorly when we’re stressed. Learn stress resiliency skills and practice using exercise and healthful eating.

Group orientation/info session is Sept. 10th, Monday, midday from 12:30pm – 1:45pm at UVA Northridge, Suite 1500 – Nutrition Counseling Center. Cost is \$20 but there is no fee for UVA employees/spouses covered on the UVA Health Plan.

Six week class series with 1.5 hour classes held Mondays, Sept. 24 – Nov. 5, 2018 from 12:30pm – 2pm. To register, contact Cynthia Moore at 434-243-7313 or clp6g@virginia.edu.

Hoo’s Losing It

Hoo’s Losin’ It is a **five month comprehensive wellness program focused on implementing strategies for sustainable weight loss.**

It is sponsored by Hoo’s Well and the UVA Health Plan and is delivered by the UVA Nutrition Counseling Center and Intramural-Recreation Sports.

Free Information Sessions will be **Thursday August 30th and Wednesday September 5th from 5:30 – 6:30 PM** at the Aquatic and Fitness Center (AFC): 450 Whitehead Rd, Classroom 201.

If you are interested in this program, you must attend one of the information sessions.

How do I know if I am eligible?

You must be a UVA employee/spouse currently enrolled in the UVA Health Plan AND must meet one of the criteria levels listed below:

Level 1: BMI between 30-42 and blood sugar between 103-200 mg/dl.



Level 2: BMI between 30-42 without elevated blood sugar but with an associated health condition such as hypertension, high cholesterol, fatty liver, PCOS.

Level 3: BMI 30-42 without elevated blood sugar or any associated health conditions.

Please email HWNutrition@virginia.edu to sign up. For questions, please call 434-243-4749.

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 – begins September 3 at www.uvaworkmed.com (click on Hoos Well link in the right column, then class of your choice)

1. “Get Healthy Now” Tuesdays, Sept 17-Oct 26 4:45-6:00 pm

Small group class to improve fitness, nutrition, sleep, stress.

- Six classes + two brief assessment (Thursday) sessions.
- Change your habits for better blood pressure, lipids, glucose, and energy.
- Goal setting, accountability and guided exercise in a group setting.
- UVA-WorkMed Conference Room, 1910 Arlington Blvd, Charlottesville.
- Free parking available, limited enrollment.

2. “Well At Work” Sept 17-Oct 26

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.

Compassionate Care Initiative

<https://cci.nursing.virginia.edu/events/> - Ongoing, weekly drop in sessions. See website for details.

Begins the week of Sept. 3

- **Yoga** with Dorothe Bach - Mondays, 5:00-6:00 p.m. - McLeod 2025
- **Meditation** with Michael Swanberg or Julie Connelly - Mondays, 12:15-12:45 p.m. - McLeod 2025
- **Alphabet Sangha** with Dallas Ducar (begins September 17)
A bi-weekly meditation group for the Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Same-Gender Loving, and Two-Spirit communities. 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. Every other Monday, 6:00-7:00 p.m. - McLeod 2025
- **Meditation** with Betty Mooney - Tuesdays, 1:00-1:30 p.m. - Health Science Library, The Studio
- **Alexander Technique** with Betty Mooney - Tuesdays, 1:30-2:00 p.m. - Health Science Library, The Studio

- **Mindfulness Meditation** with Sam Green- Tuesdays, 5:30-6:30 p.m. - McLeod 2025
- **Meditation** with Jonathan Bartels - Wednesdays, 6:00-7:00 a.m. - McLeod 2025
- **Chair Yoga** with Hannah Crosby - 2nd Wednesdays of each month, 12:00-12:30 p.m. - McLeod 2025
- **Yoga** with Hannah Crosby - 2nd Wednesdays of each month, 12:30-1:15 p.m. - McLeod 2025
- **Yoga** with Mala Cunningham or Teddi Sipe - Thursdays, 12:00-12:50 p.m. - McLeod 2010
- **Meditation** with Betty Mooney- Thursdays, 1:00-1:30 p.m. - Health Science Library, The Studio
- **Alexander Technique** with Betty Mooney - Thursdays, 1:30-2:00 p.m. - Health Science Library, The Studio
- **T'ai Chi** with Hiromi Johnson - Thursdays, 5:00-6:00 p.m. - McLeod 2025

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 (GASO)

Meet with community resources and practitioners to get resources to help you or a loved one quit. Held the third Thursday in November, this year's event is November 16th. Details about the event will be added as the committee sets an event location.

Quit Smoking Charlottesville – Every Thursday, 5:30 – 7pm, Sept. 27th – Nov. 15th at the Crescent Hall Community Center, 500 S. First St., Charlottesville, VA. For questions, call Tom Daniel, MD, Facilitator at 434-465-1981.

Quit Smoking Fluvanna – Every Wednesday, 5:30 – 7pm, Sept. 12 – Oct. 24th at the Fluvanna County Public Library, 214 Commons Blvd, Palmyra, VA. For questions, contact Ali Capriles at 434-270-4058.

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

UVA Exercise Physiology Core Lab

Discounted services for employees and spouses on the UVA Health Plan. Visit the lab to learn more about your body and achieve your health goals. To make an appointment: exlab@virginia.edu or 982-3565.

Body Composition Analysis (discover your body fat %, lean & fat mass)	UVA Discount Price \$65.25 (repeat tests)	Anytime	www.exlab.medicine.edu
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<p>Resting Metabolic Rate (how many calories your body burns at rest. Helpful for successful weight loss and maintenance.)</p> <p>Fitness Capacity (fitness level and max heart rate. Create a baseline for future improvement.)</p>	<p>to track progress: \$45.68)</p> <p>UVA Discount Price \$65.25</p> <p>UVA Discount Price \$117.45</p>		
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Annual Enrollment

Invest in your physical and financial wellbeing by choosing the health benefits plan that is right for you and your family. Annual enrollment runs October 8th –19th. Stay tuned for specific details regarding plan changes and options, coming this fall.

Health & Benefits Expo

Come out to the Health & Benefits Expo to meet with UVA benefits counselors, vendors, and internal partners. Learn about the benefits available to you and your family during valuable topic presentations, pick up resources and goodies, and get free health screenings in one convenient location. Check www.hooswell.com for more details to be announced.

October 10th – Newcomb Hall, Third Floor from 8am – 2pm

October 11th – Medical Center, Dining Conference Rooms from 7am – 3pm

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.

Make the Most of Social Security

Learn about strategies for claiming your Social Security benefit and how it fits with other income sources to create your retirement paycheck.

Date: Wednesday, August 8

Time: 9:00am – 9:45am and 1:00pm – 1:45pm

Location: Newcomb Hall, Room 177



Learn the Basics of When and How to Claim Social Security

If Social Security is expected to be your primary source of income in retirement, learn when and how to claim your benefit.

Date: Wednesday, August 8

Time: 11:00am – 11:45am

Location: Newcomb Hall, Room 177

Prepare for the Reality of Health Care in Retirement

Learn about the costs of health care in retirement and how you can prepare for them.

Date: Wednesday, August 22

Time: 9:00am – 9:45am

Location: UVA Medical Center Education Resource Center, Meeting Room B

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 fall offers:

Uteam Farmer's Market

Every Thursday from May 17th – September 27th (except for Holiday weeks) from 11:00am-2:00pm on Hospital Drive, The Uteam Farmer's Market provides access to local produce and goods right here on grounds. The Farmer's Market is located near the West Complex Outpatient Clinics and Barringer. Enjoy seasonal fruits and vegetables and learn about wellness and fitness tips.

Day of Caring

Get ready to roll up your sleeves and give back to the community that surrounds us. It's that time of year when UVA partners with United Way to participate in the Day of Caring. This year we have some extra opportunities for the HR group with volunteer events taking place the entire week of 9/24. We are turning the Day of Caring into the Week of Caring here in HR and would love to see as many of you participate as possible. Specific opportunities coming soon. Questions or concerns?

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!

