



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.

Hoo's Well Zumba	August 28 th – December 11 th	Mondays Noon -12:45pm	AFC MP4 Drop-in – No registration	★
Hoo's Well Cycle	August 28 th – December 11 th	Mondays 5:30 – 6:30pm	NGRC Cycle Room Drop-in – No registration	★
Hoo's Well Caliente (Cardio Dance)	August 29 th – December 12 th	Tuesdays Noon – 1pm	AFC MP4 Drop-in – No registration	★
Hoo's Well Yoga	August 29 th – December 12 th	Tuesdays 5:30 – 6:30pm	NGRC MP3 Drop-in – No registration	★
Hoo's Well Barre	August 30 th – December 13 th	Wednesdays Noon -12:55pm	AFC MP4 Drop-in – No registration	★
Hoo's Well Yoga for Stress Relief	August 30 th – December 13 th	Wednesdays 5:30 – 6:30pm	Battle Building – 1 st Floor Lobby Quayle Learning Center Drop-in – No registration	★
Hoo's Well Dance	August 30 th – December 13 th	Wednesdays 5:30 – 6:30pm	NGRC MP1 Drop-in – No registration	★
Hoo's Well NIA	August 31 st – December 14 th	Thursdays Noon – 1pm	AFC MP4 Drop-in – No registration	★
Hoo's Well Pilates	August 31 st – December 14 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). Call 924-3791 or visit <http://recsports.virginia.edu/hoos-well> to register early as spaces fill quickly! **Registration opens August 14th.**



Couch to 5k Training	September 12 – November 16	Tuesdays & Thursdays 5:30 – 6:30pm	Free- Call to register! Registration opens August 14. Group outdoor training (weather permitting)
Beginner Weight Training	September 11 – October 30 September 14 – November 2	Mondays & Thursdays 5:30 – 6:30pm	Free- Call to register! Registration opens August 14.
Intermediate Weight Training	September 11 – October 30	Mondays 6:45 – 7:45pm	Free- Call to register! Registration opens August 14.
Intro to Karate	September 14 – November 2	Thursdays 6:45 – 7:45pm	Free- Call to register! Registration opens August 14.
TRX Fusion	September 13 – November 1	Wednesdays 5:30-6:30pm	Free- Call to register! Registration opens August 14.
Swimming & Tennis – Beginner to Advanced Levels Variety of levels and class times offered. Must be present at early in class schedule to participate.	Swim: September 4 – November 2 (different dates) Tennis: Class start and end dates depend on level. September 11 – October 21 (different dates).	Visit IM-Rec link above for dates & times classes are offered.	Free- Call to register! Registration opens August 14.

Weight Watchers™ at Work

UVA Discounted Price: in-person (at Work), meetings are \$36.50/month or Online Subscription at \$16.10/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 Orthopedic Surgery	Mondays	4:45 pm	400 Ray C. Hunt Drive Suite 350	Alexandra Butterfield – Group Leader Alex.butterfield@weightwatchers.com Mary Leigh Thacker – (434) 243-0226
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	Quayle Conference Room (1 st Floor)	Heather Clark – Group Leader Heather.clark@weightwatchers.com Marianne Truslow - (434) 243-3717

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
Culpeper Hospital	Thursdays	4:30 pm	501 Sunset Ln Culpeper, VA 22701	Lesley Lezcano – Group Leader gmax5896@gmail.com

FEAP

Register: dds4e@virginia.edu or call 434-243-2643.

For more information on FEAP: www.uvafeap.com. Watch our video: <https://vimeo.com/145657995>.

Mindfulness – What is it and Why Should I Care?	RESCHEDULED - TBA	TBA	Old Medical School Auditorium
UVA Safe Space Training	TBA	TBA	Contact: hsg8k@hscmail.mcc.virginia.edu for more details about the program
Keeping the Love Alive in Long Term Relationships	Thursday, August 24 th	Noon-1pm	Old Medical School Auditorium
MORE SEMINARS TBA	Check Back for Details	Noon – 1pm	Old Medical School Auditorium

Nutrition Counseling Center

<https://uvahealth.com/services/nutrition-services> or call 434-243-4747.

Employees & Spouses covered on the UVA Health Plan receive one FREE nutrition consultation!

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 linking to the website above, selecting “How to Make An Appointment” and choosing your best day and time at UVA Northridge. This one-time consultation is 50 minutes in length and FREE.

Hoo’s Losin’ It: A five month, clinically supervised weight loss program that emphasizes lifelong wellness through diet and exercise. In order to participate in this program, you must have a BMI between 30 and 42 and be an employee or spouse actively enrolled in the UVA Health Plan. You must attend a FREE informational session to start the process. For questions, to register for the information session, and see if you qualify, contact hwnutrition@virginia.edu.

8 Weeks Towards Wellness: for people with pre-diabetes or diabetes. Includes mind-body skills, blood sugar balancing skills and health coaching. Orientation: Thursday, Oct 19th, UVA Northridge, 4:15-5:15pm. Classes start Nov 2 - Jan 8th, Thursdays, 4:15-5:45pm. Register to attend orientation RF7R@virginia.edu or 243-4749.

Bone Health Workshop: UVA Nutrition will host a workshop addressing the important of bone health. Understand how diet, physical activity, and other lifestyle factors can affect your bone mass throughout adulthood. August 21st from 4:30 – 6pm at UVA Northridge. UVA employees may qualify for insurance coverage if overweight, high cholesterol or high blood pressure otherwise, \$30. Preregistration & payment recommended as space is limited to 16. Contact Robert to schedule: 243-4749 or arrive 15 min early.

“Nourishing Resilience/Emotional Brain Training”: A six-week class that teaches you how to manage stress, eat better, and create happiness in your life! Orientation is August 14th at 5:30pm at UVA Northridge. Classes held at the Nutrition Counseling Center at UVA Northridge every Monday at 5:30pm on 8/28 (Wed), 9/11, 9/18, 10/2, and 10/9.

A second training will be held in November. Orientation will be Monday, November 6th at 5:30 located at UVA Northridge. Classes will be held mostly on Mondays at 5:30 on 11/13, 11/20, 11/27, 12/5, 12/11, and 12/18. Contact Robert Fitzgerald for details and pre-registration.

Compassionate Care Initiative

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

Mindfulness Meditation	Tuesdays	5:30 – 6:30 pm	McLeod 2025
Meditation	Wednesdays	6 – 7 am	McLeod 2025
Yoga (August 1 st -22 nd) <i>Please bring your own mat</i>	Wednesdays	12-12:50pm	The MILL (1 st floor), Health Sciences Library

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 and reduce dependence on alcohol and drugs in combination with a substance abuse program.

This protocol has been used nationally to help soldiers coming out of battle, veterans returning from military duty, people working to reduce their dependency on alcohol, tobacco, and drugs, and anyone who feels overwhelmed or stressed due to personal or environmental conditions.

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.

<p>Body Composition Analysis (discover your body fat %, lean & fat mass)</p>	<p>UVA Discount Price \$65.25 (repeat tests to track progress: \$45.68)</p>	<p>Anytime</p>	<p>www.exlab.medicine.edu</p>
<p>Resting Metabolic Rate (how many calories your body burns at rest. Helpful for successful weight loss and maintenance.)</p>	<p>UVA Discount Price \$65.25</p>		

Fitness Capacity

(fitness level and max heart rate. Create a baseline for future improvement.)

UVA Discount Price

\$117.45

UVA WorkMed

Want to feel better, get activity toward the Hoo's Well Fall Fitness Challenge, and take charge of your health? Join UVA WorkMed for free fitness classes this semester! Steps, Get Healthy Now and Well at Work will run concurrently this fall, beginning week of Aug 28, ending Oct 6.

<http://www.medicalcenter.virginia.edu/occupational-health/hoos-well/>

Get Healthy Now:

Group classes to motivate and strengthen smart exercise and eating habits, focused towards those with health risks (blood pressure, cardiovascular, diabetes, etc.) who are trying to improve their habits.

Classes are held on Tuesdays at 4:45-6 pm at UVA- WorkMed with pre- and post-testing on the first Thursday and last Thursday.

Steps@UVA:

FREE 15-minute exercise break. No equipment needed, just bring your walking shoes! All levels welcome, stretch your limbs and strengthen your muscles.

Sessions meet on Tuesdays and Thursdays at the following locations:

Alderman Road - 10:00-10:15

Cabell Hall - 10:45-11:00

West Complex - 11:15-11:30

Facilities Management (Jordan Hall) - 3-3:15 pm

Well at Work:

A six-week online nutrition and exercise focused class to help change habits. Your own personal coach guides and supports you via email. Video segments each week to view at your convenience. Support, motivation, and encouragement through weekly tips and links.

Hoos Heal 5K

Want to get more steps in for your Fall Challenge and help benefit the UVA Nursing school? Come on out on Saturday, September 30th, 2017 at 9am at Whitehead Road for a fun Hoos Heal 5K race. Register at

www.notussports.com.

UVA Health System's 4th Annual Women's Health Awareness Celebration: **Stay Healthy, Be Happy, Be Active**

Saturday, October 21st, 2017, from 9:00 a.m. – 12:00 p.m., at the Mount Zion First African Baptist Church, 105 Lankford Avenue, Charlottesville. The program features women's health professionals from UVA Health System or the community who will present current information on healthy living and eating, mental health concerns including addictions, heart attack prevention, and menopausal concerns. All sessions will be presented in a fun, relaxed, interactive environment. For more information on this free event, call 434-243-4722 or e-mail midlife@virginia.edu.

Hoo's Fit Fridays!

Every Friday be sure to wear your tennis shoes so you can easily add extra steps to your day. Log steps toward the Fitness Challenge to earn rewards. 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.

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.

Hoo’s Well Book Club – stay connected, read for fun, and “walk and talk” book discussion. Join the book club to explore and learn more about nutrition, mindfulness, recipes, and healthy living. Discuss the book selections with colleagues as we walk and talk. Online forum is available for those who cannot attend in person. Our next book is “Salt. Fat. Acid. Heat” by Samin Nosrat and books are available at a discounted price at the UVA Bookstore. Brown-bag lunch and book discussion will be held in June. To be added to the listserv, contact Elizabeth Feola at ebc3g@virginia.edu.

Walk with a Leader – take a 15-minute fitness break and “walk with a leader” around the UVA Medical Center. Each walk will include a short stretch and allow you a chance to get some steps into your day with a UVA Leader. Every month will feature a new special guest or organization to lead the walk.

Meet at the front lobby of UVA’s Main Hospital. Walks begin at 11:45am the first Wednesday of each month.

Hoo’s Well Fall Campaign

www.hooswell.com

UVA employees and spouses covered by the UVA Health Plan are eligible to earn up to **\$500** in their February 2018 paycheck for completing **three steps** toward their good health. The **Fall Campaign** runs **August 1 through October 27, 2017**. To learn more and to get started, visit the Hoo’s Well homepage.

Contemplative Sciences – Weekly Yoga & Meditation Sessions

Visit our website for information and class schedules- <http://www.uvacontemplation.org/events>

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!

