



## 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	June 5 – July 24	Mondays Noon – 12:45pm	AFC MP4 Drop-in – No registration	★
Hoo's Well Cycle	June 5 – July 24	Mondays 5:30 – 6:30pm	NGRC Cycle Room Drop-in – No registration	★
Hoo's Well Caliente (Cardio Dance)	June 6 – July 25	Tuesdays Noon – 1pm	AFC MP4 Drop-in – No registration	★
Hoo's Well Yoga	June 6 – July 25	Tuesdays 5:30 – 6:30pm	NGRC MP3 Drop-in – No registration	★
Hoo's Well Barre	June 7 – July 26	Wednesdays Noon – 1pm	AFC MP4 Drop-in – No registration	★
Hoo's Well Yoga for Stress Relief	June 21 – August 9 *June 28 & July 19 location changes to 5 <sup>th</sup> floor reception area of Battle	Wednesdays 5:30 – 6:30pm	Battle Building – 1 <sup>st</sup> Floor Lobby Quayle Learning Center Drop-in – No registration	★
Hoo's Well Dance	June 7 – July 26	Wednesdays 5:30 – 6:30pm	NGRC MP1 Drop-in – No registration	★
Hoo's Well Nia	June 8 – July 27	Thursdays Noon – 1pm	AFC MP4 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 May 30.**



<b>Couch to 5k Training</b>	May 30 – August 3 (10 week course)	Tuesdays & Thursdays 5:30 – 6:30pm	<b>Registration opens EARLY on May 8<sup>th</sup>. Group outdoor training (weather permitting)</b>
<b>Beginner Weight Training</b>	June 5 – July 24	Mondays 5:30 – 6:30pm	<b>Free- Call to register! Registration opens May 30.</b>
<b>Intermediate Weight Training</b>	June 5 – July 24	Mondays 6:45 – 7:45pm	<b>Free- Call to register! Registration opens May 30.</b>
<b>Swimming &amp; Tennis – Beginner to Advanced Levels</b>  Variety of levels and class times offered. Must be present at early in class schedule to participate.	<b>Swim:</b> June 19 – July 12  <b>Tennis:</b> Class start and end dates depend on level. June 12 – July 19 <sup>th</sup> (different dates).	Visit IM-Rec link above for dates & times classes are offered.	<b>Free- Call to register! Registration opens May 30.</b>

## 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 <a href="mailto:Alex.butterfield@weightwatchers.com">Alex.butterfield@weightwatchers.com</a> 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 <sup>st</sup> Floor)	Heather Clark – Group Leader <a href="mailto:Heather.clark@weightwatchers.com">Heather.clark@weightwatchers.com</a> Marianne Truslow - (434) 243-3717
2410 Old Ivy Road	Wednesdays	8:30 am	2410 Old Ivy Road Room 312A	Alexandra Butterfield – Group Leader <a href="mailto:Alex.butterfield@weightwatchers.com">Alex.butterfield@weightwatchers.com</a> Erin Erickson – (434) 243-1021
UVA Department of Urology	Thursdays	1 pm	54 Hospital Street Auditorium (prostate center) 2 <sup>nd</sup> Floor of West Complex	Heather Clark – Group Leader <a href="mailto:Heather.clark@weightwatchers.com">Heather.clark@weightwatchers.com</a> 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](mailto:dds4e@virginia.edu) or call 434-243-2643.

For more information on FEAP: [www.uvafeap.com](http://www.uvafeap.com). Watch our video: <https://vimeo.com/145657995>.

Mindfulness – What is it and Why Should I Care?	Wednesday, June 28 <sup>th</sup>	Noon – 1pm	Old Medical School Auditorium
From Reaction to Readiness: Dealing with Challenging People	Thursday, July 20 <sup>th</sup>	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.

**Cooking Demonstration – Mediterranean Meals:** Join UVA Nutrition on Wednesday, June 7<sup>th</sup> from 11:30am – 12:30pm in Dining Conference Room #1 at the UVA Hospital for a taste of the Mediterranean. No out of pocket cost to UVA employees with Aetna insurance who have a BMI greater than 25, Hypercholesterolemia, Hypertriglyceridemia, Mixed Hyperlipidemia, or Hypertension. All others welcome to join for \$20. To register, contact Robert Fitzgerald: [rf7r@virginia.edu](mailto:rf7r@virginia.edu).

**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. June 23<sup>rd</sup> from 9:30 – 11am at UVA Northridge. For more details and cost, call 434-243-4749.

**“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 14 (time TBA). Classes held at the Nutrition Counseling Center at UVA Northridge every Wednesday at 5:30pm on 8/27, 9/6, 9/11, 9/18, 9/25, and 10/2. 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 (June 24 – July 26)	Wednesdays	5:30 – 6:30 pm	McLeod 2010



## 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](mailto: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](mailto:exlab@virginia.edu) or 982-3565.

<b>Body Composition Analysis</b> (discover your body fat %, lean & fat mass)	UVA Discount Price \$47	Anytime	<a href="http://www.exlab.medicine.edu">www.exlab.medicine.edu</a>
<b>Resting Metabolic Rate</b> (how many calories your body burns at rest. Helpful for successful weight loss and maintenance.)	UVA Discount Price \$47		
<b>Fitness Capacity</b> (fitness level and max heart rate. Create a baseline for future improvement.)	UVA Discount Price \$86		

## 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 summer! Details forthcoming.  
<http://www.medicalcenter.virginia.edu/occupational-health/hoos-well/>

### Get Healthy Now:

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

### 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. Details TBA.

### Well at Work:

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. Details TBA.



## Contemplative Sciences – Weekly Yoga & Meditation Sessions

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

### 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](mailto: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](mailto: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.

Save the date for our summer walks: June 7 – July 5 – August 2 – September 6

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

***[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!](mailto:hooswell@virginia.edu)***

