**MARK YOUR 2017 CALENDAR**

Aug. 1 – Oct. 27 ............................... Online Health Assessment
Aug. 1 – Oct. 27 ............................... Fall Fitness Challenge
Aug. 1 – Oct. 27 ............................... Biometric Screenings on Grounds
Oct. 9 – Oct. 27 ............................... UVA Benefits Open Enrollment
Oct. 11 ............................................. Health and Benefits Expo at Newcomb Hall
Oct. 12 ............................... Health and Benefits Expo at the Medical Center

Visit [www.hooswell.com](http://www.hooswell.com) and select “Hoo’s Well Schedule” for more activities.

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**ENDLESS POSSIBILITIES**

Nina Morris and Kyle Canady make walking meetings part of their work day.

Bill and Michelle O’Hearn support each other’s goals by participating in Hoo’s Well Fitness Challenges together.

The Hoo’s Well Fitness Challenges motivated Darden School Professor Elliott Weiss to lead a “Lean Transformation” and lose weight.

**HEALTHY CHOICES EARN**

2017–18 PROGRAM GUIDE
We know that when you’re at your best, you have the energy and focus to do your best work. That's why the University of Virginia offers Hoo's Well, a comprehensive employee wellness program. Whether it's trying out a new fitness class, managing a chronic condition, kicking an unhealthy habit, or starting a good one, Hoo's Well is here to help. No matter where you are on your wellness journey, we offer great programs to help you get healthy and stay healthy. Check out the Go-To Guide for more info about programs that meet your needs. In addition to programs you can use year-round, Hoo's Well campaigns in the fall and spring give you the opportunity to earn rewards for taking healthy actions.