Ideas for Champions

Bringing wellness to your department is easy. Well-U offers programs backed by the latest research and best practice methods. Join our existing activities or start something new in your work area using our resources below. For assistance, please Well-U at 273-5240.

Nutrition
- Weight Watchers
- Live Cooking Demos- Café 601 & River Campus
- Good Food Collective (CSA)
- Be in Balance Rewards Program @ Café 601
- Farmers Market

Get Moving!
- Well-U Fitness Classes
- Self-Defense Classes
- Walk with a Doc
- Become a Runner
- Well-Flix DVD Rentals
- Fit Kit Rental
- Walking Groups

Stress Management
- Massage Days
- Guided Relaxation Sessions
- Pet Therapy
- Stress Buster Stations

Other Ideas...
- Mindfulness Meditation session
- CPR Hands-Only session
- Lunch ‘N’ Learn presentations on multiple topics!
- Biometric Screenings-bring a clinic to your department

Do you have an idea but don’t see it on this list? Call, email, or Facebook Well-U and we can work with you to develop a wellness program that fits your departments’ needs!