

Well-U Department Request Form

Well-U offers a variety of wellness services that are available to departments for staff meetings, retreats, workshops, etc. Please fill out the below information and email to Well-U at well-u-info@rochester.edu.

Please check any of the below that you are interested in for your department:

- Well-U Overview
- Guided Relaxation
- Stress Free Zone (includes adult coloring and stress ball making stations)
- Life-Work Connections/EAP presentations (you can view the list [here](#)).
- One-time fitness class (yoga, Zumba)
- [Traveling Spa](#)
- [Lifestyle Management programs](#): Stress Reduction, Fitness 101, Nutrition Basics, Weight Loss

Name _____

Phone/email _____

Department _____

Location _____

Preferred Date/Time _____

How many employees _____