

WELLNESS CONNECTION

Live well. Work well.

October 2019

Kickoff Event

The University of Illinois System Office Wellness Initiative will kick off with events at each university from 12 - 1 p.m. on October 2.

The events will be held at the following locations:

- UIUC: Illini Union (406 & 407)
- UIC: Student Center West (M.M. Thompson B)
- UIS: Brookens Library Overhang

The primary sponsors of this initiative, Avijit Ghosh, Barbara Wilson, and Ed Seidel, will give remarks at 12 noon in Urbana. The remarks will be recorded via Skype and will be posted to the [System Office Wellness website](#) after the event for anyone who is not able to attend. They will speak about the importance of

this initiative and discuss the role we all play in promoting wellness.

There will be activities, giveaways, and more information about what's to come. We are also encouraging participants to partner up with someone from a different office to complete a buddy walk. During the walk you can learn about what your partner does in the system office and share ideas about health and wellness.

We look forward to seeing you there. Please [click this link](#) if you are interested in participating in this event.

The System Office Kickoff event has been designated as an approved event for non-exempt civil service employees. These employees may attend for up to

one hour, without having to charge a benefit, operations permitting and with prior supervisory approval.



System Office Wellness Committee member Kim Wright demonstrates the use of her standing desk. Standing desks are a great way to promote wellness at work!

The UI Stride

We are excited to announce UI Stride, our first wellness program! UI Stride will challenge system office employees to get out of the office and get their steps in. Units will compete to be the first to walk the distance between all three of our universities.

Campus Rec has built a user-friendly app that will help staff track their progress as they inch closer and closer to the ultimate goal. All participants will receive a UI Stride t-shirt.

For more information about this program and other upcoming programs check future issues of the Wellness Connection newsletter, and check out the [System Office Wellness website](#).



Wellness Survey Results

Thank you to everyone who completed our wellness survey. We received a whopping 498 responses, that is more than half of all system office employees -- way to go!

We want to assure everyone who took the time to complete the survey that we are carefully going through the results to make sure your feedback is considered as the committee makes decisions about future wellness programs.

To review a complete summary of the results please [click this link](#). Thank you again for the great feedback!

▶ FEEDBACK



We need your input regarding the new system office health and wellness initiative.

Contact us at:

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