



UW-GREEN BAY WELLNESS COMMITTEE

ABOUT US

The Wellness Committee was founded in 2012 and is committed to promoting and supporting programs that foster the wellness of the campus community.

WHY IS IT IMPORTANT

Employees who are healthy physically and mentally are happier, more engaged, and are enjoyable to work with! Wellness challenges, incentives, events, and activities promote community among employees, improving morale and our health!



ANNUAL EVENTS

The wellness committee offers various annual events each year including onsite health screenings, flu shot clinics, and more!



CHALLENGES

Challenges are offered throughout the year to improve your wellness. They are fun, often involve prizes, and you can participate with your co-workers!



EXERCISE & ERGONOMIC EQUIPMENT

Request resistance bands, pedometers, balance cushions, and more. Contact us at wellness@uwgb.edu to request yours today!

Events/Challenges for Fall 2023 with more to come!

- 9/14 8:00 am to 12:00 pm Onsite Health Screening - visit our Blog to register
- 9/28 11:30 am to 1:30 pm Benefits Fair - happening in Phoenix Rooms
- 10/1 - 10/28 Fall Wellness Challenge - watch HR Connect for more information

Stay informed on all Wellness Committee offerings promoted through HR Connect, the Wellness Website, and the Wellness Newsletter!



CONTACT US

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