TOTAL WELLBEING EXPO

Wednesday, March 15
11 a.m. – 2 p.m.

FETZER HALL | 210 SOUTH ROAD | FREE PARKING AT COBB DECK

FREE WELLNESS CHECKS (15 mins)
Fetzer Hall | Exhibit Hall (Gym A)
Comprehensive wellness checks for all State Health Plan members (ID required) with access code UNC2023. Register ahead of time at go.unc.edu/well-check.

COVID BOOSTER SHOTS
Student Stores | Third Floor
Boosters are available at Student Stores Pharmacy for employees who have completed their primary COVID immunization series. No appointment needed.

CHAIR MASSAGES (10 mins)
Fetzer Hall | Room 104
Take time for your total wellbeing with a relaxing chair massage provided by Fidelity Investments.

DISCOUNTED HEALTHY LUNCH
Lenoir Dining Hall
Enjoy a healthy lunch provided by Carolina Dining Services for 30% off or $8.05 (plus tax).

WELLNESS RESOURCE FAIR
Fetzer Hall | Exhibit Hall (Gym A)
Meet local and University wellness vendors to learn more about fitness, financial and nutritional wellness, a medicine drop, games and more!

FUTHER READING
Go.unc.edu/expo

LEARN MORE

CAMPUS REC PLAY ZONE
Fetzer Hall | Gym B
It’s all fun and games in this open gym space! Engage in some friendly competition with Cornhole, Hot Shot Basketball, a Hula Hoop challenge & more!

FITNESS CLASSES
REGISTER AT: GO.UNC.EDU/FITNESS-CLASSES
Student Recreation Center | Studio B
Register for 25-minute sessions focused on physical and mental strength.

MINDFUL UNC SESSIONS
Fetzer Hall | Exhibit Hall (Gym A)
Invigorate your mind, body and spirit with guided sessions from Mindful UNC.

COOKING DEMO (25 mins)
REGISTER AT: GO.UNC.EDU/COOKING-DEMO
Fetzer Hall | Room 109
Learn how to make a Five Spice Farro Breakfast Bowl with scrambled egg whites and vegetables.

BOUNCING BULLDOGS DEMO
Fetzer Hall | Exhibit Hall (Gym A)
The Bouncing Bulldogs are a local Grand National and World Champion jump rope team! Stop by for the performance and to show your support!