

TOTAL WELLBEING EXPO

Wednesday, March 13
11 a.m. – 2 p.m.



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

TIAA FOOD & FUN ZONE

Fetzer Hall | Gym B

Enjoy pizza and an open salad bar, a game of Cornhole, the hula hoop challenge, and visit with a TIAA representative.

WELLNESS RESOURCE FAIR

Fetzer Hall | Exhibit Hall (Gym A)

Meet local and University wellness professionals to learn more about supporting your total well-being from the inside out! Take advantage of free blood pressure screenings, dispose of outdated or unused medicine at the medicine drop, try hands-only CPR and more!

CHAIR MASSAGES

BY APPOINTMENT

Fetzer Hall | Room 104

Take *10 minutes* for your total well-being with a relaxing chair massage sponsored by Aetna.

COOKING DEMOS

Fetzer Hall | Room 109

Learn how to make healthy recipes in *20-30 minutes* with the Kidney Foundation Serving the Carolinas and Carolina Dining Services. Leave with a free sample!

FITNESS & MEDITATION SESSIONS

Student Recreation Center | Studio B

Register for *20-30 minute* sessions focused on strengthening your physical and mental well-being.

CAMPUS REC TOURS

Student Recreation Center | Lobby

Take a *10-minute* tour to see everything the Student Recreation Center has to offer employees.

BOUNCING BULLDOGS

Fetzer Hall | Exhibit Hall (Gym A)

The Bouncing Bulldogs are a local Grand National and World Champion jump rope team! Stop by for an amazing *15 minute* performance to show your support!

COVID 2023-24 VACCINE

Student Stores | Third Floor

The updated COVID vaccine is available at Student Stores Pharmacy for employees. No appointment needed. Be sure to bring your insurance card.



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