Wellness April Events

Wellness @ The Benefits Fair
Friday, April 27th, 11am-1:30pm
(15+ points)

Don’t miss Wellness at the Benefits Fair. This year, our theme is Spring Into Wellness: Health Grows Here. As always, we’ll have opportunities for you to win prizes, earn HealthyU points, and compete against your colleagues in Wellness Challenges.

Spring Walking Clubs
Monday April 16th — Friday, June 1st (6 points/walk)

Take a hike — or just a walk around campus — and enjoy the beautiful spring weather before the temperatures start soaring. You can either walk with the Wellness Club (12:30pm on Fridays) or create your own. To create a club, recruit 3 or more Mercer employees and walk at least once weekly between April 16th and June 1st, (your club decides when and where to meet). Learn more about Walking Clubs here

Grow with Us: Wellness Community Garden & Lunch and Learn
Spring 2018 (5 points/activity); Lunch and Learn Friday, April 20th, 12pm (10 points)

Want to garden but don’t want all the responsibility? Don’t go it alone, join our Wellness Community Garden! This spring, we’ll share the responsibility (and fun!) of planting, weeding, and watering the Wellness plot in the Beall’s Hill Community Garden. The garden is conveniently located less than one block from Mercer’s campus. Sign-up to share the work (less than 15 minutes per week) and share in the produce when it’s ripe. This month we’ll also welcome Master Gardner, Talibah Muhammed, who will present, “Container Gardening 101”. RSVP by April 18th to receive lunch; 10 L&L participants will receive their own garden container.

Spring Shape Up
Throughout April (up to 30 points)

Want to get stronger this spring? Of course you do! Increase your upper body strength in just 6-weeks by following our Spring Shape Up program. Schedule your strength assessment, then receive a personalized strength plan guaranteed to improve your strength. Follow the plan, and retake your fitness assessment. Earn points along the way, and make this spring your strongest ever! Learn more about shaping up here

WELLNESS WANTS TO KNOW...
If you would be interested in a 4-6 week Spring Boot Camp (all fitness levels welcome), let us know!