

May 2019

Wellcare Monthly

Farmers MARKET

WVUMedicine



Starts May 22!

Wednesdays 11:00 AM - 2:00 PM
at the WVU Health Sciences Center
Pylons Entrance Parking Lot

Includes: Fresh Produce, Baked Goods, Hot Food,
Plants and Flowers, Crafts, and Live Music!

Wellcare Monthly Features



A message from the Office of Health Promotion and Wellness:

West Virginia University and WVU Medicine are working to support a healthier, happier community by coordinating existing wellness initiatives. The Office of Health Promotion and Wellness has been established to help support these important efforts.

The Office of Health Promotion and Wellness, led by Tara Hulse, vice president for health promotion and wellness, is currently working with partners from WVU and WVU Medicine to create a stronger culture of wellbeing for all employees and students and to ensure wellness offerings are visible, accessible, and strategically aligned.

Be sure to look for messages from the Office in future issues of Wellcare Monthly to learn about current initiatives and ways to improve your own health and wellbeing. This month, we focus on **outdoor recreation opportunities:**

Flowers are blooming, temperatures are rising—spring is in full swing! Take advantage of the beautiful weather by moving your workout outdoors. Interested in getting more steps during the workday? There are marked walking paths around Ruby Memorial Hospital and the Health Sciences Center for your convenience. Don't forget to log your miles for the Walk 100 Miles in 100 Days® challenge!



Feeling a little more adventurous? Many WVU Adventure WV trips are open to WVU and WVU Medicine employees. They also offer a low-cost gear rental service, and have everything from bicycles to bouldering pads to backpacking stoves. You do not have to be a member of the Campus Recreation Center to use these resources.

Looking for more ways to be active in nature? Check out WVU DIY Outdoors, where you can search by activity or location to find adventures in our region. Get out and go explore!