

HERE'S WHAT PEOPLE ARE SAYING ABOUT WELLNESS-TO-GO

Thank you for your stress management and sleep sessions for our flight instructors. I received great feedback from the staff. The programs were very well presented

-Sybil Phillips, Head and Chief Pilot
-Institute of Aviation

We have enjoyed this VERY much! You are an excellent instructor and we all have learned several things that will help us with stressful events that crop up in our lives.

- Kimberly Dalluge, Dept. Director
- Student Health Insurance

We really enjoyed your presentation on Easy Office Energizers. You brought different ideas to the table for us. Plus, you looked at our specific needs we have in our office. That makes a great presentation. We are more educated in how to feel better at work.

- Colleen Lambert, Operations Support Specialist
- Ctr. for Innovation in Teaching & Learning

WELLNESS-TO-GO

Campus Wellbeing Services



Programs delivered directly to your department or unit.

Campus Wellbeing Services
Illini Union Bookstore Building
807 S. Wright St., MC-310
Champaign, IL 61820
Telephone (217) 265-9355
email wellbeing@illinois.edu
url <http://go.illinois.edu/campuswellbeingservices>



WELLNESS DELIVERED TO YOUR DOORSTEP

Did you know that Campus Wellbeing Services makes house calls? That's right—we can provide a wide variety of wellness programs right to your unit or campus organization.

Wellness-To-Go programs are:

- Free*
- Convenient: We facilitate programs at your location according to your schedule.
- Practical: Participants learn skills that improve personal wellness and enhance ability to work effectively.

*(a few have a small materials charge)

WHO IS WELLNESS-TO-GO FOR?

Wellness-to-Go programs are for any campus unit, including but not limited to:

- Departments
- Residence Halls
- RSOs
- And more

Our programs can be used as part of meetings, retreats or other gatherings.

Most programs are 45—90 minutes in length, but can be adapted for specific needs.



TOPICS

A wide variety of topics are available. Here are some examples:

- Stress Management
- Time Management
- Work Life Balance
- Getting a Good Night's Rest
- Easy Office Energizers
- Relaxation Techniques
- Overcoming Barriers to Wellness
- Staying Fit in a Frantic World
- The New Power Lunch
- And more

FOR YOUR EMPLOYEES AND FOR YOUR DEPARTMENT

Supporting employee wellbeing not only improves their personal health, but can:

- Reduce illness, injuries & absenteeism
- Increase productivity
- Improve job satisfaction
- Enhance recruitment and retention