

Schedule a Wellness-to-Go program for your staff

Have you taken advantage of our Wellness-to-Go program? Through this convenient offering, we bring wellness programs right to your department! We have a wide variety of topics available: everything from Aromatherapy to Zzzz (sleep). To learn more about this great resource continue reading.

Free and convenient

Wellness-to-Go programs are free for campus departments (there may be a small materials fee for a few programs). We schedule sessions when they work for you and your staff.

Lots of options

Our most popular programs are stress management, time management, work life balance and easy office energizers. But we have lots of other options. Here are a few:

- Getting a Good Night's Sleep
- Small Steps to Wellness
- Deskercise
- The New Power Lunch
- And more!

It's not too early to plan for the holidays

Consider booking a Holiday Stress Management program for your staff in September or October. Many people wait until December to ask about this program, but your employees will get more out of this if they have time to make changes and plan ahead. Participants learn practical ways to prepare for and cope during this busy time or year. You can add an optional coloring or aromatherapy component to enhance social wellbeing and esprit de corps among your staff.

Learn more or sign up

For more information or to schedule a session contact us at (217) 265-9355 or wellbeing@illinois.edu