Danforth Employee Wellness Fair

Wednesday, October 15th 11:30 a.m. – 5:30 p.m.
Bowles Plaza – Adjacent to Mallinckrodt Center
(Rain Location: Gargoyle – Lower Level of Mallinckrodt)

Discover the resources available to help you achieve your personal wellness goals. Representatives from university vendors, organizations and departments will share information, provide demonstrations and answer your wellness questions.

Make time for your personal wellness!

- Pedal for a smoothie
- Assess your workspace
- Talk with a dietitian
- Purchase locally grown produce
- Learn about your University benefits
- Check out childcare resources
- Ask questions about financial wellbeing
- Get a sneak peek at our new partner – WebMD
- Explore ways to deal with chronic pain
- Sign up for a workshop
- Connect with coworkers who have a common interest
- Take a deep breath
- Explore new ways to commute to work
- Learn about mental health resources
- Share your thoughts on new wellness initiatives
- Make your wellbeing a priority!

Representatives Include:
- Advantica
- Anthem BlueCross/BlueShield
- Bright Horizons
- Brown in Balance – School of Social Work
- Burning Kumquat
- Center for Human Nutrition
- Connect Your Care
- Environmental Health & Safety
- Express Scripts
- Family Learning Center
- Human Resources – Benefits
- Human Resources – Employee Relations
- Human Resources – Learning & Development
- Human Resources – Wellness Connection
- Legacy Services
- LifeScope
- Nursery School
- Office of Sustainability
- Parking Operations – Alternative Transportation
- South 40 Fitness
- TIAA-Cref
- UnitedHealthcare
- UNUM
- Vanguard
- VSP Vision Care for Life
- WebMD
- WUSM Department of Orthopedics
- WUSM Program in Physical Therapy
- Washington University Police Department

Washington University’s Wellness Connection is an initiative of the Office of Human Resources to promote evidence-based, data-driven wellness programs for faculty, staff, postdoctoral appointees and clinical fellows.