

The Whole U

The University of Washington's holistic wellness and engagement program for the UW community to prioritize well-being and create connection.



The Whole U: For UW, By UW

Events and activities (virtual and onsite)

- UW expert-led seminars
- Learning classes and workshops
- Themed challenges and signature events

Fitness and mindfulness training

- Yoga and strength conditioning
- Daily movement breaks
- Guided meditation

Self-Paced Programs

- Training programs
- Nutrition resources
- Healthy living resources

The Whole U blog

- Expert wellness articles

Discounts

- Over 300 listings

The Whole U YouTube

- 300+ recordings



120,357
Participation



949
Events



1,104,572
Web views



THE WHOLE U
UNIVERSITY of WASHINGTON

7 Pillars of Wellness

Being Active

Eating Well

Engaging Interests

Financially Fit

Life Events & Changes

Staying Healthy

Volunteerism





Thank you!

