### 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











## 7 Pillars of Wellness

Being Active

Eating Well

**Engaging Interests** 

Financially Fit

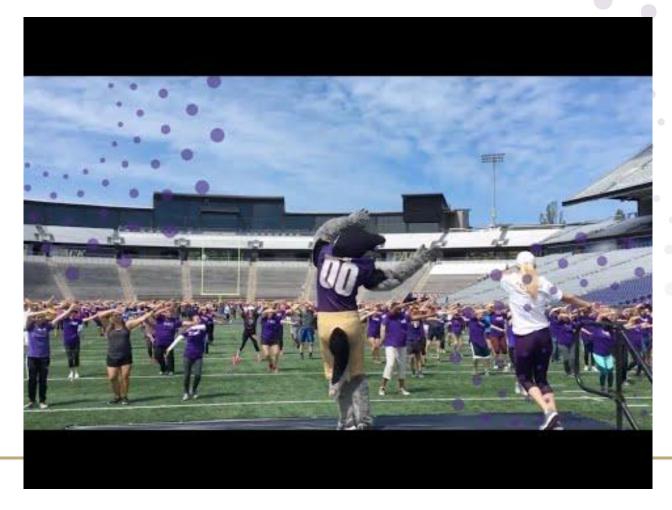
Life Events & Changes

Staying Healthy

Volunteerism









# Thank you!



