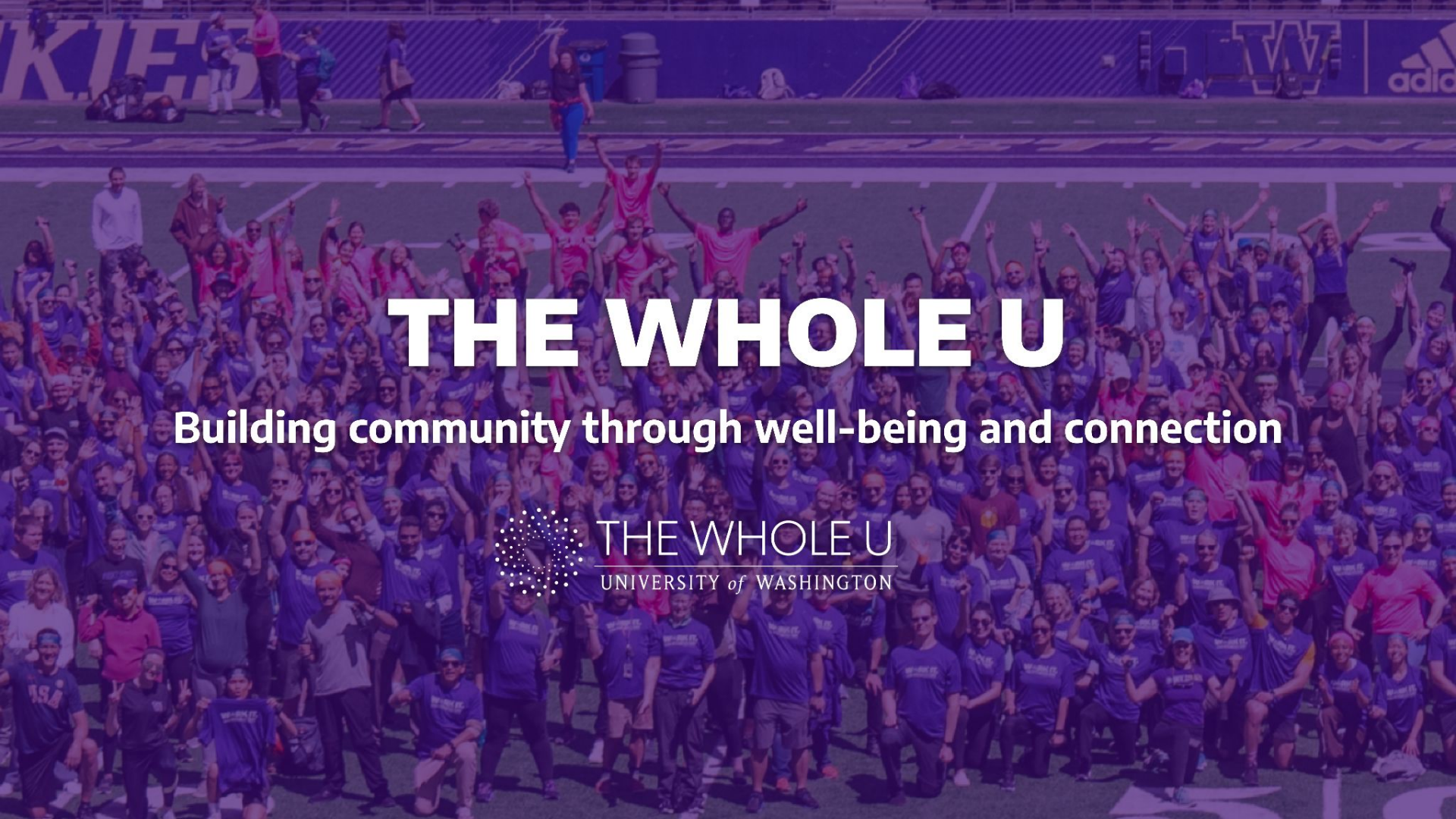

THE WHOLE U
Building community through well-being and connection
THE WHOLE U
UNIVERSITY of WASHINGTON

The Whole U connects the UW through shared experiences.

The Whole U inspires a healthier, happier and more connected community by providing opportunities to explore well-being, discover new interests, build relationships and engage across the UW.



THE WHOLE U
UNIVERSITY of WASHINGTON

Guiding pillars:

Being Active

Eating Well

Staying Healthy

Financially Fit

Engaging Interests

Life Events & Changes

Volunteerism



THE WHOLE U
UNIVERSITY of WASHINGTON

The Whole U: For UW, By UW

THE WHOLE U
UNIVERSITY of WASHINGTON

Events and activities (virtual and onsite)

- UW expert-led seminars
- Learning classes and workshops
- Financial education classes
- Themed challenges and signature events
- Vaccine clinics
- UW Benefits Fairs

Fitness and mindfulness training

- Yoga, cardio and strength conditioning
- Daily movement breaks
- Guided meditation and mindful resources

Self-paced programs

- Training programs
- Nutrition resources
- Healthy living resources

The Whole U website

- Health and wellness guidance
- Expert wellness articles

Discounts

- Over 300 listings
- UW Athletics deals

The Whole U YouTube

- 300+ recordings

