

Well-Being Day at Middlebury

Monday August 19th 11am-2pm
Crossroads Cafe, McCullough Student Center
An event for staff & faculty

Free ice cream provided by lu•lu ice cream (dairy/gluten/nut free flavors available)

Informational Booths:

Pride Center of Vermont, Monument Farms, Isley Library, Turning Point Center of Addison County, The Knoll, Middlebury Co-op, Vermont Department of Health (Tick Borne Illnesses and WIC information), GMEHC: Anti-Inflammatory Nutrition, Human Resources -- Employee & Family Assistance Program, Blueprint for Health, Homeward Bound, Addison County Parent and Child Center, Injury Management Health Services and more!

Well-being Day Demonstration Schedule

Time	Event	Presenter & Description	Location
Entire Event	Free Massages	<i>Massages provided by Melissa Mae Bartley will be offered from 11:00am-2:00pm in 15 minute increments. Come and sign up at the beginning of the event for an available slot. Hang out or return at your scheduled time.</i>	Grille Screening Room
Entire Event	Fly Fishing Casting	<i>Provided by Orvis, participants will learn how to cast using fly fishing rods.</i>	Outside McCullough
11:00-11:30am	Tea Ceremony	<i>Provided by Stoneleaf Tea House in Middlebury, Vermont. Enjoy this ceremony and learn more about the art of tea.</i>	Crossroads Cafe Stage
11:30-12:00pm	Jazzercise	<i>Amy Collier hosts an introductory class to try out Jazzercise! Jazzercise is a high-intensity dance workout that mixes modern moves with strength training to burn calories, tone muscle, increase energy, and leaves you with a mood boost.</i>	Mitchell Green Lounge or Wilson Hall Gallery
12:00-12:30pm	Acupuncture	<i>Try out a low-intensity acupuncture demonstration to learn more about this style of treatment. First come, first serve for this demonstration.</i>	Crossroads Cafe Stage
12:45-1:15pm	Acupuncture	<i>Try out a low-intensity acupuncture demonstration to learn more about this style of treatment. First come, first serve for this demonstration.</i>	Crossroads Cafe Stage
1:00-1:30pm	In-Home Strength Training	<i>Trainers from Fairhaven Fitness will demonstrate easy to incorporate exercises to build strength at home!</i>	Wilson Hall Gallery
1:30-2:00pm	In-Home Strength Training	<i>Trainers from Fairhaven Fitness will demonstrate easy to incorporate exercises to build strength at home!</i>	Wilson Hall Gallery

For more information contact Maddie Hope, Assistant Director of Health and Wellness Education, email: mhope@middlebury.edu, phone: 802-443-5389