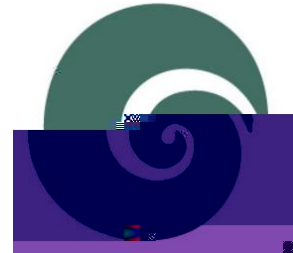


Wednesday, April 6th 12-1pm

~~An overview workshop presented by UVM~~
professionals for UVM employees



~~Session~~ Share your experiences with UVM faculty and staff to better understand the reality of the climate crisis and how it is affecting us here at UVM.

can be a time of heightened climate awareness and therefore anxiety. Join the Office of Sustainability and LivingWell for a virtual session sponsored by Employee

~~Wellness~~ Wellness professionals to explore the physical, mental, and emotional psychological and emotional responses to climate change

reported by campus. We will share ~~strategies for coping in crisis~~ strategies for coping in crisis, foster heart-centered resilience, and tap into our potential for making change. Much of this session

is based on come willing to share your own experiences. **REGISTER HERE**



To increase your awareness, visit the UVM Employee Wellness website at www.uvm.edu/hrs/wellness and join our list-serve ~~to receive the latest information~~