



Annual Employee

Well-being Fair



April 18, 2023 • 10:00 AM-1:00 PM
Peterson Family Athletic Complex

VENDORS

Middlebury College
Human Resources

Middlebury Staff Council

GMHEC Well-being

GMHEC Benefits

GMHEC Accounts Payable

Cigna

MySecureAdvantage

InvestEAP

TIAA

Middlebury College Therapy Dog

Porter Hospital

Addison County Home Health
and Hospice

National Bank of Middlebury/
Financial Wellness

GoVermont

ACORN of VT

Fleet Feet

Middlebury Jazzercise

Sports & Fitness Edge

Rikert/Snow Bowl/Golf Course

Sparrow Art Supply

Three Moons Wellness

VT Agency of Natural Resources
Dept of Fish & Wildlife

New Moon Physical Therapy &
Wellness

Kimberly Williams, PhD CEO
Holistic Science Consulting

Age Well

Joe Bernstein, Men's Coach,
and Soulful Facilitator

Whole Health Nutrition

Injury Health Management
Solutions

Efficiency Vermont

American Red Cross

Integrated Medicine LLC

Vermont Adaptive

Turning Point Center of
Addison County

Home Share Vermont

Sustainability Midd

DOOR PRIZES ■ RAFFLE PRIZES ■ SNACKS

SIGN UP

(required for activities listed below)



Chair Massage

By Harold Vance of Summit View Massage LLC and
Darcie Shedd of Body Charge Therapeutic Massage

Scan QR code or visit go.middlebury.edu/Wellness-ChairMassage



Mini Tai Chi Class

Experience Tai Chi with Nancy McClaran and Rachel Edwards

Scan QR code or visit go.middlebury.edu/Wellness-TaiChi



Bike Tune-Up

By Wheels on Wheels Mobile Bike Repair

Scan QR code or visit go.middlebury.edu/Wellness-BikeTuneUp



Peterson Family Athletics Complex Facility Tour

Scan QR code or visit go.middlebury.edu/Wellness-AthleticsTour



Campus Tree Tour

Led by Tim Parsons

go.middlebury.edu/Wellness-TreeTour



Release time approved: Per Middlebury policy a Release Time designation means that staff in non-critical positions may request permission from their managers to participate in this event. Managers will accommodate such requests, so long as essential services are not negatively affected. For employees who do attend, participation that overlaps the employees' regularly scheduled work hours will be considered regular paid time; participation that falls outside of normal work schedules will be unpaid.



Relax



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Active



Live Healthy



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HUMAN RESOURCES

