

Get ready for a day of fun! Connect with your coworkers, learn about resources to enhance your well-being, get a biometric screening, enjoy a chair massage, pick up some cool swag and more. There will be door prizes and give aways.

Middlebury has approved 30 minutes of release time for this event.

Sponsored by:







## Sign up

Use the QR code or click on the links to sign up for any of the below activities.



### Bike Tune-Up

by Wheels on Wheels Mobile Bike Repair Click here to sign up

#### Chair Massage

Body Charge Therapeutic Massage Inspire Massage & Healing Arts The Sanctuary Click here to sign up

#### Acupuncture

Little River Acupuncture & Reiki Click here to sign up

#### Biometric Screening

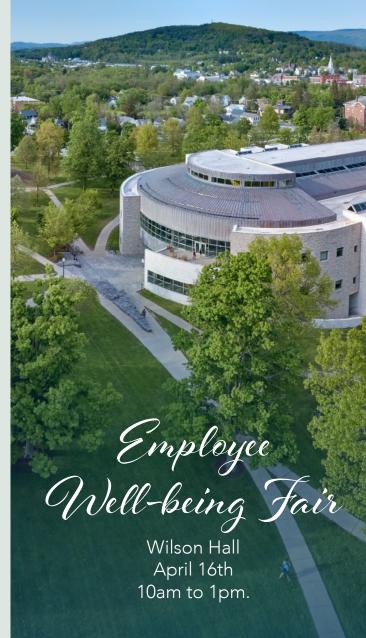
Sports & Fitness Edge
Click here to sign up

#### Introduction to Kettlebells

Mujib Kahliq, Owner of Burlington Strength & Fitness-NCKettlebells Click here to sign up

Hosted by Middlebury Employee Well-being Advisory Group and GMHEC





# Wender Passport.

Passport to Wellness
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Collect a sticker for each vendor you visit. Submit your passport to the HR table to earn an extra entry in the raffle for the chance to win a \$200 Amazon Gift Card.

Name of Entrant	
Contact Information	

The Sanctuary	Wheels on Wheels Mobile Bike Repair
Inspire Massage & Healing Arts	Little River Acupuncture & Reiki
Body Charge Therapeutic Massage	Sports & Fitness Edge
Middlebury College Human Resources	VT Adaptive
Middlebury Staff Council	VT State Parks
GMHEC Well-being	Burlington Strength & Fitness-NCKettlebells
GMHEC Benefits, Payroll and AP	Little City Community Fitness
Cigna	ACORN of VT
MySecureAdvantage	Middlebury Jazzercise
InvestEAP	New Moon Physical Therapy & Wellness
TIAA	Whole Health Nutrition
MyHealthyVT	Athletic Brewing
VT Agency of Natural Resources Dept of Fish & Wildlife	Efficiency Vermont
Addison County Home Health and Hospice	Hidden Path Astrology
DexaFit Burlington	Home Share Vermont
Green Mountain Nutrition & Smoothies	Green Mountain Shakti
Green Wountain Tvatition & Smoothies	Vermont Department of Health Middlebury OLH
	Snapshot Photo Booth LLC