

Join us for a day of fun! Connect with your coworkers, pick up some cool swag, enjoy a little pampering and be entered to win exciting raffle prizes!

To support sustainabilty efforts at Norwich, this will be a bagless event.

All benefits eligible employees can earn a $25 MotivateMe incentive by participating in this event.

Sign up

Use the QR code below to sign up for any of the below activities.

Acupuncture

Feldenkrais

Chair Massage

Skin Cancer Check

Chair Yoga

Reiki

Don't forget to join us for the benefits open enrollment meeting in Plumley at 10am.

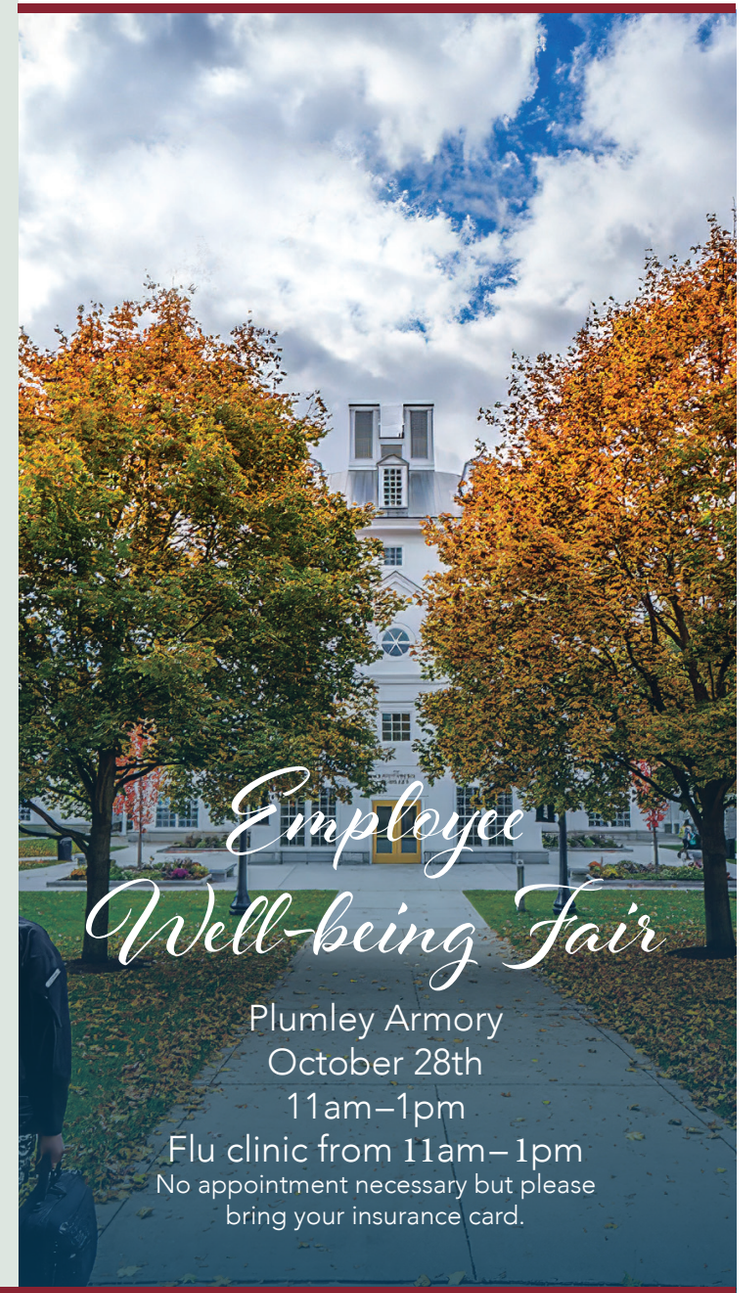
Just Food Hub will be selling ethically sourced goodies and all proceeds will go to support the Northfield Veteran's Place.

Cigna

NORWICH UNIVERSITY

Green Mountain Higher Education Consortium
WELL-BEING
Champlain • Middlebury • Norwich • Saint Michael's

NORWICH UNIVERSITY



Employee Well-being Fair

Plumley Armory
October 28th
11am–1pm
Flu clinic from 11am–1pm
No appointment necessary but please bring your insurance card.

Hosted by Cigna, Norwich University and GMHEC

Vendor Passport

Passport to Wellness

Collect a sticker for each vendor you visit. Submit your passport to the GMHEC Well-being table on your way out to enter the raffle to win one of three, $100 Visa gift cards.

Name of Entrant

Contact Information



- [ ] The Sanctuary
- [ ] Body Charge Therapeutic Massage
- [ ] Breath and Bone Reiki
- [ ] Wellness at Work Massage Inspire
- [ ] Massage and Healing Arts
- [ ] Little River Acupuncture & Reiki
- [ ] Vermont Feldenkrais
- [ ] UVM Cancer Center
- [ ] Northeast Delta Dental
- [ ] Supersounds DJ
- [ ] Just Food Hub
- [ ] Fleet Feet Burlington
- [ ] Home Share VT
- [ ] Joe Ferris Art
- [ ] Norwich University HR
- [ ] GMHEC Well-being
- [ ] Cigna
- [ ] Nationwide Insurance
- [ ] Vermont Department of Health
- [ ] Legal Shield
- [ ] Massage Envy
- [ ] MyHealthyVT
- [ ] Norwich University Staff & Faculty Councils
- [ ] Pearle Butler
- [ ] Norwich University Nursing Students
- [ ] FORM Studio Northfield
- [ ] Efficiency VT
- [ ] Tap Into True Wellness
- [ ] Veteran's Place
- [ ] Shaw Outdoor Center
- [ ] Therapy Dog of Vermont