

January 9, 2017

Dear employees,

I am excited to announce Launch Your Life 2017. As we begin a new year, I would like to encourage all employees to participate in this UMB wellness program designed to help you to be less stressed, financially fit, mindful, and more balanced with work life.

Here at UMB, we understand that your health and well-being is important. Our programs foster these health principles and any staff or faculty is eligible to participate.

In addition to our lunch and learn seminars, massages, and well-being sessions we plan to include workplace yoga, nutritional food demonstrations, wellness challenges, and quarterly themes into the next plan year. If you attend 9 Launch Your Life events you will be entered into a raffle at the end of the year.

Please check the Elm Weekly for communications regarding the events.

Your opinions matter to us! Please contact [HRWell@umaryland.edu](mailto:HRWell@umaryland.edu) for any questions or feedback as we look forward to creating successful activities for you.

Wishing you a happy new year,

