

UMM EMPLOYEES-MARCH INTO FITNESS



Spring wellness opportunities!

Available to all UMM Employees through the UMS Wellness Grant

One Month New CLL Membership: The Grant will reimburse new (Have not had an active membership within the past 2 months) members the \$18 fee. (Must utilize the CLL at least 3 times/weekly)

Weight Watchers: Half reimbursement (\$72.50) of the twelve week membership fee. (Must attend 10 meetings)

TOPS (Taking off Pounds Sensibly): Annual membership fee (\$24) for the TOPS program of your choice.
(UMM TOPS meets Tuesdays at 11am- Murdock Conference Room)

Smoking Cessation: The Grant will reimburse employees up to \$50 for nicotine replacement therapy.

**These funds are limited so don't delay-
Dust off those winter blahs; pick a program and
"Spring" into action!**

For more information contact-

Rich Fabri: 255-1404, rfabri@maine.edu or
Suzanne Mace: 255-1275, smace@maine.edu



Sponsored by the UMM Wellness Committee