

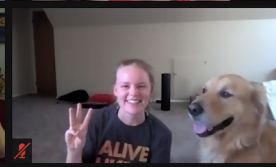
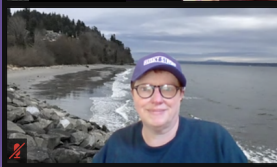
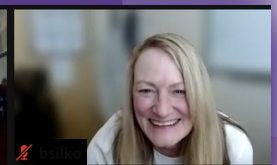
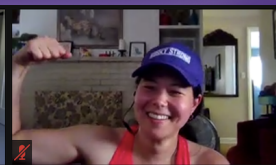
THE WHOLE U
UNIVERSITY of WASHINGTON

THE FACES AND VOICES OF THE WHOLE U



THE FIRST 90

*A New Years Challenge to
make 2021 Count!*



FOR UW, BY UW

A PODCAST BY THE WHOLE U



DECEMBER DANCE FEST

SALSA TANGO BACHATA BRAZILIAN CARDIO DANCE

THE WHOLE U
UNIVERSITY of WASHINGTON



2021

BY THE NUMBERS

2021

PARTICIPATION

97,234

Total Participation

183,250

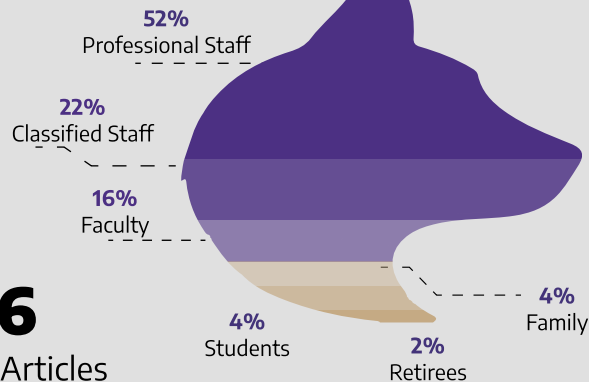
Article Views

1,147

Total events

106

Total Articles



MOST ENGAGED ORGANIZATIONS



UW Medicine
UNIVERSITY OF WASHINGTON
MEDICAL CENTER



SCHOOL OF PUBLIC HEALTH
UNIVERSITY of WASHINGTON

UW Medicine
UW SCHOOL
OF MEDICINE

UW DISCOUNTS

310

Discounts

166,140

Total Visits

WEBSITE

1,025,746

Web views

461,344

Unique Web views

SOCIAL CONNECTIONS



2,790

Followers



2,146

Followers



1,603

Followers



123

Subscribers



126

Subscribers



9,588

Views



327

Subscribers

CAMPUS PARTNERSHIPS

UW Athletics
UW Medicine
UW Recreation
UW Sustainability
UW Resilience Lab
UW Work-Life & UW CareLink
The UW Center for Child Well-Being
UW Student Well-Being Committee
Harborview Resilience Committee
The Combined Fund Drive
University Book Store
Professional Organizational Development

HUSKY STRONG

\$8,500+

Donated to the COVID-19
Employee Emergency Fund

522

Unique donors

COMMUNITY ENHANCERS Participants



Daily Moving Break

17,038



DEI Events

4,753



Self Paced Programs

3,939



Financial Partner Webinars

3,795



Guided Meditations

3,777



The First 90 New Years Challenge

1,571



Husky Strong Day

1,530



Yoga Month

1,013



Global Running Day

745



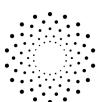
The Power of Positivity

676



The Love of Travel with Rick Steves

635



THE WHOLE U
UNIVERSITY of WASHINGTON

TIMELINE

2021

Fireside Chat with Jen Cohen

"It is so powerful for a successful woman in leadership to share her vulnerabilities, struggles and lessons learned. This event was inspirational and real."

Laurel Code

HR Business Manager, School of Public Health

JAN

Goal Setting for 2021

"I am so grateful to everyone involved in getting these workshops to the UW community. The positive message, in not just this workshop but the other programs offered by the Whole U, is a lifesaver."

Amra Habibuddi

Assistant to the Dean, School of Public Health

FEB

Watercolor Painting Class

"Sarah was an inspiring, patient, thoughtful, and adaptive instructor. Thank you to The Whole U for offering, yet again, ways to keep us connected, enriched, and whole!"

Stephanie Kirschner

Database Developer, School of Nursing

December Dance Fest!

"This was AMAZING!! The instructors were incredible, friendly, and very comforting. It didn't matter if you were doing it right, as long as you were moving and having fun. Took all the anxiety away with taking a new exercise class."

Carie Beeks

Program Financial Analyst,
UW Medicine

DEC

Balancing Eldercare & Family Commitments

"The speaker provided instructive examples, and her gentle approach made it easy to absorb and take her advice to heart."

Elin Martin

Grants Manager, Dept. Atmospheric Sciences

Trash Talk with UW Recycling

"I appreciated both concrete advice and explanations of the systems behind it, which gives a "why" to the advice. That makes me understand and remember it better."

Jack Enneking

K-20 Network Engineer, UW-IT

NOV

4th Annual PSO Diversity Forum

"I felt empowered to be in community with fellow BIPOC and allies who are pushing to create more diversity, equity, and inclusion at the."

Kacey Orlando

Assistant to the Director, Dean of Education

The Power of Positivity

"This is the most upbeat and positive experience I have had via Zoom for UW."

Megan Barker

Counseling Services Coordinator, School of Medicine

Japanese Origami Workshop

"I loved that I could share this experience and knowledge with my daughter even though we were in 2 different locations. The ability to Zoom in with so many families was truly special."

Jennifer Indo

Program Manager, College of Education

MAR

UW Recess with Dubs

"We loved seeing Dubs live! This was one of the best Zoom meetings we've had in the past year."

Ana Marie S. Alameda

Technology & Systems Specialist, UW Tacoma

Sustainable Crafting: Crochet with Plastic Yarn

"I love that my teen and I learned a new skill together and found a creative way of using plastic bags! "

Clare Juico

Program Coordinator, College of Education

APR

Joint Mobility Workshop

"AMAZING! Such simple techniques to evaluate my joints and simple corrective actions that I can easily REMEMBER and do daily."

Karla Murphy-Danson

Executive Assistant, VP General

Doodle Therapy Workshop

"I appreciated the ability to make time for creating colorful art. A very inspiring class for me. So glad I attended!"

Shannon Bishop

Technology Manager, UW Medicine

Sounders vs. Cedar Rapids Match

"I look forward every year to being able to go watch the Sounders. The process was seamless and much appreciated, especially after our long COVID break. THANK YOU!"

Robin Brooks

Marketing & Communications Manager,
UW Recreation

OCT

Autumn Quarter Ice Cream Social

"Due to the pandemic and feeling disconnected from coworkers, it was nice to walk up to a UW event for a little break. Thanks for making the return to on-site work a bit easier."

Sarita Thayil

Library Technician III, UW Libraries

Children's Nutrition Workshop

"Dr. Harris is amazing! Her presentation was so high quality and of such importance. I wish every family could learn from her!"

Erin MacDougall

Affiliate Instructor,
Health Systems and Population Health

SEPT

May Meditation Series

"It was so wonderful to take time out of the day to relax and focus on myself and enjoy the experience with others in the UW community."

Catherine Cooke Opie

Executive Assistant, External Affairs

Health At Every Size & Intuitive Eating Webinar

"This was so informative; everyone was so kind and practical, and all the tips were helpful. I'll be re-watching this!"

Jill Woolcock

Asst. to Chief Business Officer, School of Medicine

MAY

Global Running Day

"This was a great motivator to move during the day! Thanks for the numerous options to move."

Judy Cashman

RN, UW Environmental Health & Safety

"I appreciate the opportunity to feel a part of something larger. My son and I participated, and we talked about the feeling of knowing lots of other people were running that day too."

Amalia Sophia Magaret

Research Professor, Lab Medicine

Exploring the Love of Travel with Rick Steves

"It was great to hear directly from Rick Steves, the legend. So glad the UW was able to have this event."

Robert Brown

Director of Compliance, UW School of Dentistry

JUNE

Husky Strong Day

"I love that The Whole U was able to put this event together virtually. It's important for the community to feel like they can come together despite the pandemic. The classes that I attended were wonderful."

Leanne Cornel

Administrative Assistant,
Anesthesiology & Pain Medicine

"The instructors were super-professional and exceptionally well-prepared. I was both challenged and motivated. There were no Zoom glitches. Awesome energy came through the computer screen!"

William McClain

Operating Resources

AUG

Collecting Social Security Webinar

"This presentation was excellent. Mr. Larson found a way to state things in their full complexity, but at the same time get straight to the point. Thanks very much!"

Robert Sandstrom

Software Engineer, UW-IT

JULY

"The Whole U helps me structure my day and feel better at work, it brings a sense of balance to my life and something I can count on 5 days a week, which is important in these times."

Lisa Nordlund

Academic Counselor, School of Public Health

"Since the onset of the pandemic The Whole U has been an anchor, a physical and mental booster, a lifeline, and a joy! Thank you for all that you do. Because of you I have learned more things about exercise, nutrition, finance, origami and more. I've been challenged and supported in ways beyond imagination."

Sandra Johnston, PhD, RN

Senior Research Scientist, Dept. of Radiology
Executive Administrative Director, CLEAR Center

"The Whole U is doing a fantastic job offering informative, rejuvenating, and helpful workshops. I have worked for Harborview for 26 years and the resources are wonderful and so appreciated!"

Leslie Enzian, M.D.

Associate Clinical Professor, School of Medicine
Attending Physician, Pioneer Square Clinic

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For UW, By UW



The Whole U