

THE FACES AND VOICES

OF THE WHOLE U

2015

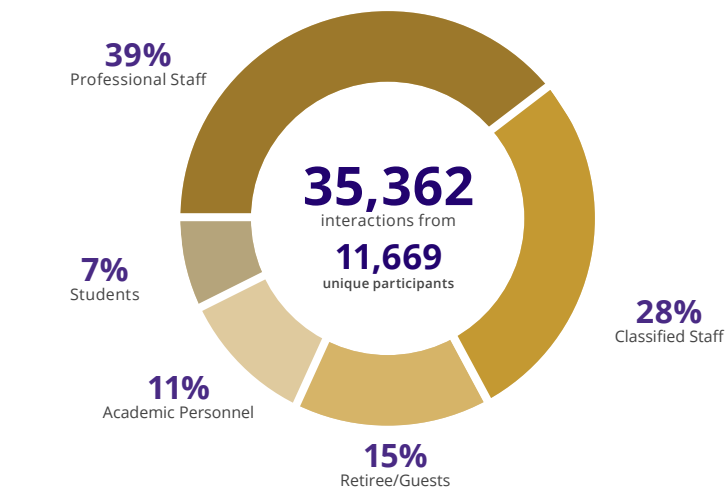


BOUNDLESS COMMUNITY

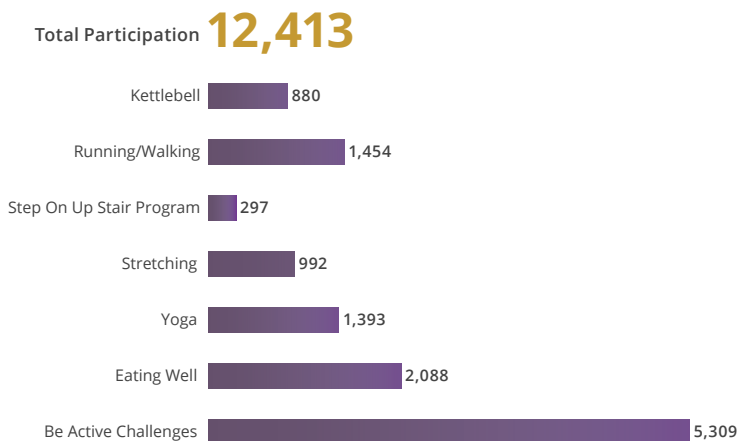
Connecting our faculty and staff to each other and to our greater institution

BY THE NUMBERS

Participants



Virtual Training



5 Most Engaged Organizations/Groups



Community Enhancers *event held on all three campuses

**Guinness World Record
Umbrella Dance (attempt)***

2,185
Participants

**UW Free
Photo Day***

2,351
Participants

**Ovations
Talent Showcase**

1,230
Participants

Scavenger Hunt*

927
Participants

**Stress Less Holiday
Challenge***

927
Participants

**Summer Fitness
Challenge***

1,609
Participants

**Whole U at
Husky Athletic Events**

2,217
Participants

Yoga Month*

1,096
Participants

Pillar Breakdown

BEING ACTIVE

47 Articles **83** Events **12** Social Groups

EATING WELL

34 Articles **21** Events **1** Social Group

ENGAGING INTERESTS

70 Articles **29** Events **5** Social Groups

LIFE EVENTS & CHANGES

23 Articles **11** Events **2** Social Groups

STAYING HEALTHY

30 Articles **17** Events

VOLUNTEERISM

25 Articles **11** Events

Does not include partner events co-promoted by The Whole U or activities only promoted to members of a social group under The Whole U umbrella.

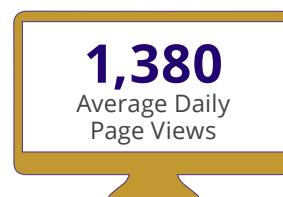
Faculty Spotlight

36 Faculty Friday Articles **20,429** Page Views

The Whole U Discount Network

251 Discounts in 2015 **60,394** Discount network visits

Website Stats



503,845
Page Views

190,449
Users

WHAT PEOPLE ARE SAYING

PROGRAM COMMENTS

**"I COULD NOT
BE MORE PROUD
TO SUPPORT
SOMETHING SO
VERY IMPORTANT."**

Norman J. Beauchamp, Jr.
MD MHS
Professor
Chair of Faculty Senate

**"Very fun and
impressive array
of options. Thanks
for your continuous
effort on behalf of UW
employees."**

Connie Kravas
Vice President for
University Advancement

"Can I just say how much I have enjoyed each and every Whole U event I've attended? All have been interesting and relevant and I am so appreciative of all you do for the UW community."

Jenny L. Williamson
Grant Project Director
School of Nursing

"I'm brand new to the Seattle area. I didn't have any family or friends when I moved up here, so getting ingrained in the UW culture from the get-go was really important to me. The Whole U has helped quite a bit with that."

Cole DeForest
Assistant Professor
Chemical Engineering

"This was a very needed program and has made me more excited about working for the U."

Stephanie McCarthy
Finance Liaison Analyst
UW Educational Outreach

**"It's a good morale booster
for employees to feel like
your employer puts time
and resources into your
well-being."**

Goldie Pontrelli
Program Operations Specialist
Psychiatry & Behavioral Sciences

FACULTY FRIDAY

**"It's fun to be part of
things like that; it's
so easy to get stuck
in our little corners
of campus!"**

Kathryn Rogers Merlino
Assistant Professor, Architecture

"Nice piece. Huge thanks."

David Shields
Professor, English

"Thanks for asking me to do this. It's great exposure."

Lauren Hartzell Nichols
Lecturer, Philosophy

ZUMBA

"It's a great way for coworkers to spend time together and get some fitness done at the same time."

Vibha Sharma
Patient Care Coordinator
Otolaryngology

PARENTING SEMINAR WITH DR. JANA MOHR LONE

"The talk was great, I really enjoyed it!"

Clay Wilson
Affiliate Professor of Law

MEALS IN A JAR

"I wanted to thank you for collaborating, planning, and providing today's extraordinary event in our plaza café conference rooms. From a health and wellness perspective, it was invigorating to see so many people signed up. Thank you for having this event at UWMC...What a wonderful event for The Whole U while at the same time a program that fits well into our health and wellness initiative."

Charles Zielinski, MHSA
Director of Food and Nutrition

UW FREE PHOTO DAY

"This is a wonderful gift to the community that even extends to our families. It's a great way to promote the University...These pictures will be pushed out on Facebook and hung on walls where people will see the UW in abundance."

Nina Hanlon
Office Manager, School of Law

OVATIONS

"Once again, it was a great showcase for the huge amount of talent the UW has."

Robert Brown
Director of Compliance
School of Dentistry

THE WHOLE U TIMELINE

A selection of our 172 events in 2015



JAN 12

Dare to Do in 2015
6-week challenge begins January 12



JAN 27 **Crows: Smarter Than You Think**
with Professor John Marzluff



FEB 17 **The Alexander Technique**
with Principal Lecturer Cathy Madden

FEB 20

Erga-what? What You Need to Know About Ergonomics at UW with Ed Havey

FEB 27

Chocolate: A Global Inquiry with Professor Kristy Leissle



MAR 5

Understanding & Exploring Yoga with Dr. Christian Novetzke and Dr. Gary Martin



MAR 12

Reach Mt. Rainier! Introductory Talk with Tristan Vellema

Our 100th event since launch!



MAR 27

Meals in a Jar Cooking Demo (UWMC)



APR 16

The (Mis)Behavior of Cats & Dogs: An Introduction to Applied Animal Behavior with UW Professor James Ha



MAY 13

Whole U Speaker Series: Courage & Compassion with Thupten Jinpa, Ph.D

MAY 20

Opera ABC's with Assistant Professor Beatrice Arduini & Eleanor Stallcop-Horrox



JUN 17

Mindfulness: A Ubiquitously Positive Thing with Dr. Bonnie Duran



JUL 15

UW Stair Challenge
500K stairs in 24 hours



AUG 3

UW Free Photo Day

SEPT 1

National Yoga Month Celebration begins

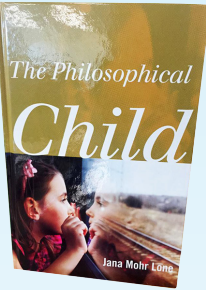


OCT 5

Chinese Travel Language Class Series begins

OCT 14

Exercise as Your Prescription to Health with UW Sports Medicine Fellow Adrielle Fry



OCT 27

Parenting Seminar with Dr. Jana Hohn Lone

Our 200th event since launch!



NOV 18

CLIMB to \$10K
to benefit Facing Homelessness



DEC 14

Facilities Services Health Fair

2015

2016

JAN 21

Chi Walking & Running with Laura Houston



JAN 28

Guinness World Record Umbrella Dance

FEB 3

Prevent "The Sitting Disease" with Dr. Brian Liem and Elliot O'Connor, DPT



FEB 12

Chocolate Truffles: Cooking Demo with Andrea Yeckel

FEB 19

Cheerful Givers Birthday Bag Blitz



MAR 1

HOT Chocolate 15k/5k with 77 Whole U runners



MAR 6



March Culinary Countdown
21-day cook-at-home challenge begins

MAR 15

St. Patrick's Day Dash with 64 Whole U runners



MAR 17

KUOW 94.9 FM Tours
Series of two tours begins



MAR 20

Innovation at UW with Vice Provost Vikram Jandhyala & Jacquelyn Jaech



APR 3

National Walk at Work Day

APR 23

Scavenger Hunt: A Race Through Time with author Daniel James Brown



MAY 21

Life Hacks for Eating Better & Moving More with research scientist Kristen Hammerback



JUN 8

UW Botany Greenhouse Tour



JUN 29

Summer Fitness Challenge begins



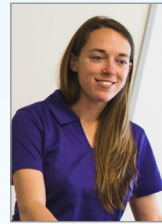
JUL 23

UW Night at FareStart Restaurant



AUG 11

Functional Movement Screen with UW Medicine Athletic Trainer Jordyn Eisenhard



SEPT 30

OMAD Diversity Uncommon Book Club launch

OCT 21

Coffee: A Tasting Trip through Nicaragua with Husky Grind's Joseph Maurey



NOV 6

Professor Cliff Mass on Weather Forecasts



NOV 9

Stress Less Holiday Challenge begins



NOV 22

Faculty, Staff & Student Talent Showcase

