



The Employee to Employee (E2E) program is an initiative of UNC employees fostering a sense of community on campus by supporting peers' personal wellness through mindfulness, yoga, and other physical contemplative practices.

The Employee to Employee (E2E) program is a grassroots initiative that developed out of a desire to hold space for each other and offer grounding moments in the middle of our busy weeks and stressful worlds.

*Come as you are.*

Practice tools for stress-relief. Be in community with other UNC employees. No need to change clothes. All sessions are open to all fitness and ability levels.



**TBD**



**TUESDAYS** Two Mindfulness and meditation practice sessions (12:10-12:30 & 12:30-12:50)

**THURSDAYS** Wellness Practices including yoga, stretching, and guided walks



**12:10 - 12:50PM**

## *Upcoming Schedule*

Tuesday April 2nd, 2019	UC Aspen A	<b>Meditation</b>	Mike Kimball, PhD (Center for Applied Contemplative Studies)
Thursday April 4th, 2019	Outside (Meet at the Bear)	<b>Fit Outdoors</b>	Katie Lundberg (Campus Recreation)
Tuesday April 9th, 2019	UC Aspen B	<b>Meditation</b>	Mike Kimball, PhD (Center for Applied Contemplative Studies)
Thursday April 11th, 2019	Outside (Meet at the Bear)	<b>Mindfulness and Grounding Activity</b>	Karen Eichel (Career Services)
Tuesday April 16th, 2019	Upper GF Studio (Campus Recreation)	<b>Meditation</b>	Mike Kimball, PhD (Center for Applied Contemplative Studies)
Thursday April 18th, 2019	UC Spruce A & B	<b>Happy-U: Positive psychology &amp; yoga</b>	Stephanie Pitt (Biological Sciences)
Tuesday April 23rd, 2019	Upper GF Studio (Campus Recreation)	<b>Meditation</b>	Mike Kimball, PhD (Center for Applied Contemplative Studies)
Thursday April 25th, 2019	Outside (Meet at the Bear)	<b>Trees of UNC walk</b>	Pat McDonald (Facilities Management)

If you are interested in facilitating a future session or have feedback about the E2E program, please contact Dr. Tamara Yakaboski [tamara.yakaboski@unco.edu](mailto:tamara.yakaboski@unco.edu) with your skills and interest.

The Employee to Employee (E2E) program is coordinated by these UNC units:  
**HIGHER EDUCATION & STUDENT AFFAIRS LEADERSHIP PROGRAM**  
**HUMAN RESOURCES**  
**THE CENTER FOR APPLIED CONTEMPLATIVE STUDIES**  
**CAMPUS RECREATION**



**Campus Recreation**