

Workshop Madness

Last chance to earn your 2014 LiveWell Vermont Incentive!

Choose ONE of the following 3-week “2014 Workshop Madness” SOV workshops:

SOV Social Stress



SOV Life Balance



SOV Personal Goal Setting



**Questions?
Contact Alissa Robertson
802-828-2931**

How to Register for A Workshop:

- Login to the [LiveWell Vermont wellness portal](#) (New user? Create an account by clicking on “click here to sign up”)
- On the top of your dashboard, click on a workshop image
- Choose from one of the three “2014 Workshop Madness” SOV workshops listed
- Click “Signup”

(If currently enrolled in a workshop, you will need to discontinue it in order to participate in one of the 3-week SOV workshops offered)

WELLNESS INCENTIVE INFORMATION

Earn 50 Points!

- Register for your chosen workshop by Sunday, November 9, 2014
- Complete the 3-week workshop by Sunday, November 30, 2014 to be eligible for incentives

For more information please visit:

[2014 “One Life, Live it Well”](#)

[Incentive Program](#)

LiveWell Vermont
STATE EMPLOYEES WELLNESS PROGRAM