

How to Register for Employee Health & Wellbeing Programs

Step 1: Go to <https://recreation.udel.edu> & click 'log in'



Step 2: Click 'CAS' and enter your UDID and pin OR username and password to log in

LOG IN

Click the CAS button to login using your UD information.

Username

Password

[Click Here if you're having trouble signing in.](#)

Click here to login with UD email and password.

Step 3: Scroll down and click on "Employee Health and Wellbeing" under navigation

NAVIGATION



Recreation Fitness Programs



Fitness Services



UD CrossFit



Employee Health & Wellbeing



Facilities



Racquet Court Reservations

Step 4: On the left menu under 'Classification', click on "Wellbeing Programs (Employee)"

Classification

All Classifications

proshop

Recreation Group Fitness

Recreation Programs

UD CrossFit

Wellbeing Group Fitness (Employee)

Wellbeing Programs (Employee)

All Categories



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Step 5: Click on a program to sign-up or view more details.



Couch to 5K

Employee Health and Wellbeing is a "Couch to 5k" group run for beginner runners who would like to participate in either running or walking in the Homecoming 5k on Wednesday, Octobe...

\$0.00



Free Series: Bring Your Best Self to Work (Nov)

\$0.00

Series Details You are in the driver seat of your own wellbeing. In this 3-part Lifestyle Improvement series you will learn how to steer yourself in the right direction to maximize...



Free Workshop: Frugal Feasting (11/20)

\$0.00

Event Details Description: A healthy diet doesn't have to be expensive. Learn some universal tips and tricks for how to eat healthy on a budget at the places you love to shop. Date: ...

Step 6: Click 'register' for the program you want to attend

This event is FREE and open to all UD Employees, Spouses, and Retirees. You are welcome to attend just the workshop or come to both Yoga and the workshop. Photo Release: The University of Delaware has photographers and videographers at this event. By attending this event, you grant the University of Delaware permission to publish or display photographic or video images of you. Images may be used in promotional material, publications or other applications.

To Register

Click 'register' under the program instance below (Be sure you are clicking 'register' for the date that you want to attend).

Questions?

Contact Employee Health & Wellbeing at 302-831-8388 or wellbeing@udel.edu

Program Instances

Thursday, November 1, 2018
9:00 AM to 10:00 AM 30 spots

Thursday, November 8, 2018 30 spots available

Thursday, November 15, 2018 9:00 AM to 10:00 AM 30 spots available

DELAWARE BLUE HENS

Step 7: Follow the 'check out' process in the shopping cart.

SHOPPING CART

Item	Customer Name	Quantity	Unit Price	Total	
Program: Free Series: Bring Your Best Self to Work Program Instance: Thu, Nov 1 2018 9:00 AM to 10:00 AM	Chelsea Finch	1	\$0.00	\$0.00	<input type="button" value="REMOVE"/>

0-121354

Subtotal: \$0.00
Tax: \$0.00
Total: \$0.00

Refund Policy

Please note that **all sales are final** and there are **no refunds**.

See specific policies related to individual programs, such as fitness class cancellations and "no-shows" on detailed receipt.

If you need assistance please contact Employee Health & Wellbeing at wellbeing@udel.edu or 302-831-8388