

Mocs Wellness

for staff and faculty

Fall 2026 through Spring 2027



Join our wellness program for staff and faculty!

Program includes physical therapy examination and weekly training, group and individual nutrition sessions including diet and body composition analysis, health coaching, and ARC membership.

Eligibility

Full-time UTC employee

Willingness to participate in associated research study

Available to attend weekly training on Thursdays from 3:15 PM – 5:15 PM

Wellness program cost is \$100 for employees whose salaries are less than \$50,000 and \$200 for those who earn more than \$50,000.

Limited spots available!

For more information, scan the QR code or contact betsy-myers@utc.edu

