



University of  
Kentucky

FROM THE DESK OF PRESIDENT  
Eli Capilouto

Dear Colleagues,

The University of Kentucky is a community, and, over the last several years, we have made a concerted effort to invest in and support the success of the UK family. We are proud to provide highly competitive compensation and benefits that reflect the quality of your work, and we are gratified that this investment in our people has such a meaningful impact on the success of our students, faculty, staff, patients, and the Commonwealth.

To be sure, investing in our people is a fundamental component of a healthy and positive work-life integration. With robust health insurance options, six consecutive salary increases, and a generous retirement program, UK is among the most competitive employers in the region. However, we know that a productive and vibrant community requires more than monetary rewards, it requires an ethos of care and concern that extends beyond the workday. A balanced view considers all the elements that contribute to a life well lived, and this requires a holistic approach to supporting your success as a member of the UK family.

From July 16-20, the University will hold its inaugural wellness week, which will offer free events related to nutrition, physical activity, and personal health and well-being. All events are hosted by UK Human Resources Health and Wellness team, made up of dietitians, exercise specialists, and health coaches who provide individual and group support to interested employees.

During wellness week, you can relieve stress through yoga, attend open houses dealing with nutrition and fitness, and participate in a week-long step challenge to reach our campus-wide goal of 150 million steps.

On July 17, UK health coach Amy Rodquist-Kodet will deliver a keynote address titled "The Courage to Live Well," and she will share insights about five research-backed steps you can take for greater well-being.

For more information and to sign up for events during our inaugural wellness week, please [login here](#).

Over the last several years, we have made new investments in fostering a community rooted in health and well-being. Wellness week is one more step in supporting members of the UK family. Thank you for all you do to make UK a great place to work.

Sincerely,

Eli Capilouto  
President

*If you are a supervisor, please communicate this information to all of your staff, especially those without computer access.*

see blue.

BUILDING COMMUNITY

