GoUSF Wellness Committee meets monthly to discuss upcoming events, brainstorm ideas and logistics for future events, and provide feedback from their colleagues about past events. Representatives from departments and university divisions, including the library, sit on the wellness committee.

GoUSF offers:
- Sponsorship and training support for race events that support local charities
- $100 reimbursement for race or wellness event registration
- Educational “Go Learn” seminars each month
- Weekly running and walking groups
- Monthly wellness challenges for employees
- Lunchtime meditation and yoga for faculty and staff
- Resources to support healthy work meetings
- Free gym membership at Koret Health Center or a subsidy for employees at satellite campuses

**Go Read Collaboration**

Go Reach is an ongoing collaboration between GoUSF and Gleeson Library during the month of June. Started in 2016, Go Read is now one of Gleeson Library’s primary staff outreach events. Go Read focuses on intellectual wellness for the entire family.

**Go Read Events**

Go Read Events Include:
- Gleeson Library Tour (2016)
- Gleeson Library Haunted Tour (2017)
- Meet the author book readings with USF affiliated authors
- Author guided walks of USF and Golden Gate Park
- Nobel and Booker prize winning books display
- Library hosted Bocce Ball Tournament
- Young Minds at Work, a bring-your-child to work event

**Outcomes: Library Tours**

Staff checkouts of library resources markedly improved during Go Read years. In June of 2015, prior to Go Read, patrons indicated in Sierra (ILS) as being USF Staff checked out 43 items during the month of June. In 2016, the first year of Go Read, saw a significant improvement (67 checkouts), and in 2017 the baseline nearly doubled with 83 checkouts by staff.

**Conclusions**

Despite being important allies for university and hospital libraries, staff are often overlooked when it comes to library outreach. Partnering with campus or organizational wellness programs is an effective way for libraries to support institutional wellness and provide outreach to staff.