Work Well, Serve More

Service can help us to feel better as we help others. Be Well wants to recognize you and your colleagues for your efforts to help in our community with our Serve More initiative.

Choose an activity or cause. Submit what you did and who participated. Earn Be Well UC points!

Choose. Submit. Earn Points.
- Pick an activity
- Tell Be Well what you did and who participated using the Team Submission Form
- Earn 10 Be Well UC points per activity completed (and get to spend quality time together with your team!)

Ideas for your team:
- Write cards or letters to servicemen or servicewomen
- Collect food, toiletries, and clothes for an organization in the city like Dress for Success, Shelterhouse or consider our very own Bearcat Pantry or The Closet at UC’s LGBTQ Center.
- Select a race or walk and help fundraise for the cause of your choice
- Help find supplies, food and toys for dogs & cats in shelters
- Help fund or stuff Power Packs for students in the Cincinnati Public School System
- Sponsor a family in need
- Coordinate “Elder Helpers” for a weekend

Learn More!
Visit: www.uc.edu/hr/bewelluc/workwell

Questions?
Please contact wellness@uc.edu
uc.edu/hr/bewelluc