Learn It Live:

*Interactive Wellness Sessions*

**What is Learn it Live all about?**

This Spring, Be Well UC will provide a pilot series of small group, interactive, coaching-like sessions on a variety of topics to help make wellness feel “bite-sized.” Each session will have a focus, but rather than being *talked to*, you’ll be *talking with* the facilitator and dynamically with your colleagues. A hands-on activity to help you leave with a strategy or an approach to help you feel capable to make change one decision at a time.

**What to expect**

You will not:
- Share any personal information you don’t wish to share
- Feel like you have a ton of homework to do afterward
- Leave overwhelmed without a clue where to start

You will:
- Have an opportunity to speak with a certified Health Coach throughout the session
- Ask and have answered your questions related to the topic, as well as about Be Well UC
- Engage with colleagues who may have similar interests as you
- Leave with a plan of action to follow to make healthy lifestyle choices

**Spring Sessions/Themes**

Consider joining us at one of our upcoming sessions. Visit the Be Well UC page for registration information.

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<th>March</th>
<th>April</th>
<th>May</th>
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<tbody>
<tr>
<td><strong>Theme</strong></td>
<td>Meal Planning: Balanced Wellness</td>
<td>Digital Detox &amp; Sleep Well</td>
<td>Boosting Metabolism &amp; Get Up and Get Moving</td>
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<td><strong>Dates</strong></td>
<td>Monday 3/26  12-12:30, UHall 610</td>
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<td>Wednesday 3/28  11:30-Noon, ERC 435</td>
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Learn about individual sessions on the Be Well UC Events Page:  
[http://www.uc.edu/hr/bewelluc/events.html](http://www.uc.edu/hr/bewelluc/events.html)

Learn more about 1:1 Health Coaching at:  
[http://www.uc.edu/hr/bewelluc/healthcoaching.html](http://www.uc.edu/hr/bewelluc/healthcoaching.html)