This February

Inve$t in Yourself

Want to improve your financial wellness, be a better healthcare consumer and plan for retirement?

JOIN US! Wednesday, Feb. 8 from 10a-2p at Tangeman University Center (Great Hall).

Details at www.uc.edu/hr/bwelluc/savewell

Remember you should always put yourself first, find opportunities to invest in yourself by creating time, saving money or increasing or improving self-care to help you become the best version of yourself.

Work Well- Work toward wellness with your team through education, interaction and service, for details please visit www.uc.edu/hr/bwelluc/workwell

Health Coaching- Invest in yourself by using a health coach. Based on your personal needs, a health coach can help guide you in the right direction with your health and wellness goals, visit www.uc.edu/hr/bwelluc/healthcoaching

America Saves- February 27-March 4 is America Saves Week. AmericaSaves.org provides information on saving money, debt & credit and offers many tools resources to help you invest in yourself!

Invest in yourself by taking care of your heart and your health. Encourage yourself and others to live heart healthy lives. Visit www.heart.org for more information!

Planning ahead and saving money can reduce stress and prepares you for the unexpected. Taking care of your health also means you are less likely to have expenses related to health care needs.

Heart Health Month

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