Want to have fun this summer, but also incorporate wellness? This session focuses on safety, health and fun in the summer. Learn about hydration, sun protection, and fireworks. Get information on what you can do at work to feel good all summer and education on checkups and screenings. Also learn about healthy activities and recipes you can do this summer! Hope you can join us!

Monday, July 17th 12:00-1:00pm
Location: UHall 454, Medical Campus

Please Register!

To attend this session, you must register on our registration tool!
https://webapps2.uc.edu/ce/HRTraining/Workshops?category=BeWell

Questions?
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uc.edu/hr/bewelluc