Get help logging your points before 12/31/17 and attend a Drop In Session!

Monday, Nov. 20th 12-1pm
University Hall 454 (Medical Campus)

Thursday, Nov. 30th 10:30-11:30m
TDC 430 (Main Campus)

Wednesday, Dec. 13th 1-2pm
TUC 419 (Main Campus)

Walk in at any point during these times and the Be Well UC team will help you aim for Bronze $120, Silver $180 or GOLD $240!

We encourage you to bring a mobile device (i.e., laptop, phone, etc.).

View the Go For Gold guide for 4 simple steps to earn up to $240!


Options don’t work for you? No worries!
Contact wellness@uc.edu to set up a time for yourself and/or your department. Additional options are available over the phone and WebEx.