Learn It Live: Digital Detox

“Almost everything will work again if you unplug it for a few minutes, including you.” Ann Lamott

What will I learn?
We will talk about how social media and the easy access we have to it may be affecting our health. The interactive part of our session will help you identify what digital habits you may have, and how to make steps to break up with your phone.

When can I participate?
We will provide a few options to Learn it Live on campus. Keep in mind – if none of the options fit your schedule, you can reach out to the Be Well UC team and “host” it within your department as a Work Well session (Details available online: http://bit.ly/2ssaVdt)!

Monday, April 23 from 8-8:30 a.m., University Hall 610
Register now on HR EDGE: http://bit.ly/2f31BH1

What can I 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.

Learn about upcoming Learn It Live sessions on the Be Well UC Events Page:
http://www.uc.edu/hr/bewelluc/events.html

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