Learn It Live: Sleep Health

What will I learn?
This interactive session will help you understand why good sleep hygiene is just as important as washing your hands. We will work through a series of activities to help you identify what’s keeping you from a good night’s sleep!

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)!

Thursday, April 12th: MSB 3057 from 8-8:30 a.m.
Thursday, April 19th: SWIFT 608 from 8-8:30 a.m.
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

Feel Well Questions? Please contact wellness@uc.edu