UPCOMING WEBINARS

Jan. 31, 2018 @11:00 am
The Power of Habits: Why We Do What We Do
Willpower is used to temporarily change our habits without ever really achieving true transformation. Discover the power of habits and understand why we do what we do, and how to make lasting lifestyle changes.
Register at: http://bit.ly/2sxQ4Fk

March 20, 2018 @11:30 am
Are You Catching Enough Zzzz’s?
Learn how to improve your sleep and be more energetic and productive during your waking hours. Great sleep is not only in your dreams, but can be a reality!
Check it out: http://bit.ly/2BXBuLx

May 17, 2018 @2:00 pm
Stress and the Power of Resiliency
Stress doesn’t have to hijack your mind, make you feel powerless, and impact all aspects of your life. Explore ways to prevent and adapt to stress effectively, be mindful, become more resilient, and bounce forward.

Feb. 22, 2018 @2:30 pm
All Movement Matters
Regular physical activity is one of the best habits you can include during your day. Learn to incorporate movement throughout the day to promote higher energy levels, increased productivity, and more!

April 18, 2018 @11:00 am
Intuitive Eating: A Non-Diet Approach to Eating
What if you could slow down, learn to listen to your body, and assess the habits and behaviors that drive your food choices - all without relying on a diet to tell you what to eat!
Register at: http://bit.ly/2EE8jxU

June 19, 2018 @11:30 am
Master Your Mission: Creating a Personal Mission
What gives your life purpose and meaning? We will guide you through the steps of creating a personal mission statement, which will send you on the path to master your mission.
Register at: http://bit.ly/2EqwBbr

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