April 2018 Programming

Please visit www.uc.edu/hr/bewelluc/events to learn more about upcoming events.
Live sessions will be reported for you and webinars/BP screens can be logged as a pop up event. Each item below is worth 10 points.

On-Demand Webinar: The Thriving Family: A Parent’s Guide to Raising Resilient Kids (provided by Impact Solutions)
View anytime this month (and previous month topics as well) on the EAP portal at http://bit.ly/2pD0wsZ

Thursday, April 5: Plantar Fasciitis (Presented by Airrosti)
Noon-1 p.m., TUC 417 (Uptown/Main Campus)

Friday, April 6: Bearcats Block Party
11 a.m.-1 p.m., Nippert East Concourse
(Uptown/Main Campus)

Tuesday, April 10: Learn it Live: Meal Planning
9-9:30 a.m., Snyder 143 (Clermont Campus)

Tuesday, April 10: Prediabetes and Diabetes: What You Need To Know (Anthem DocTalks webinar series)
Noon and 3:00 p.m. start times. Pre-register online at http://bit.ly/2F0XCm4

Tuesday, April 10: Defeat the Seat & Prevent the Sitting Disease
12:30-1:30 p.m., 340 Teachers Dyer Complex
(Uptown/Main Campus)

Wednesday, April 11: Blood Pressure Screening
All are welcome! (drop in availability)
11 a.m.- 1 p.m, Medical Campus – University Hall Rooms 244
11:30 a.m.-1 p.m., Main Campus – TUC Atrium

Thursday, April 12: Learn it Live: Sleep Health
8-8:30 a.m., MSB 3057 (Medical Campus)

April kicks off Q2 where we urge you to Dare to Care!
Learn more about our theme at: http://bit.ly/Q2Care

Questions?
Please contact wellness@uc.edu
uc.edu/hr/bewelluc
Wednesday, April 18: Intuitive Eating: A Non-Diet Approach to Eating (webinar provided by Alyfe)
11:00 a.m., pre-register online at http://bit.ly/2EE8jxU

Wednesday, April 18: Headaches (Presented by Airrosti)
Noon-1 p.m., University Hall 244 (Medical Campus)

Thursday, April 19: Learn it Live: Sleep Health
8-8:30 a.m., Swift 608 (Main/Uptown Campus)

Monday, April 23: Learn it Live: Digital Detox
8-8:30 a.m., University Hall 610 (Medical Campus)

Additional Diabetes Education Program Options:
Tuesday, April 24
YMCA Diabetes Prevention Program Info Session
9-10 a.m., University Hall 310 (Medical Campus)
Hear from the Health Coach who will lead the year-long program!

Additional Program Options from Tobacco Free UC:
Tuesday, April 17 & April 24: FreshStart
Noon – 1 p.m., TUC 411 (Uptown/Main Campus)

Thursday, April 19 & April 26: FreshStart
3-4 p.m., University Hall 244 (Medical Campus)

INCENTIVE OPPORTUNITY REMINDER: Monday – April 23: Grow Gratitude Challenge Registration Opens! *Earn up to 40 points!*
Visit the Alyfe portal to get registered and to learn more: http://bit.ly/AlyfeLogin

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