LEARN IT LIVE SESSIONS

NEW PORTAL, HIGHER CASH INCENTIVES, & MORE WELLNESS!

Start 2018 on a positive note with interactive sessions to learn the new Be Well UC portal & 2018 program updates.

Powered by Alyfe Wellbeing Strategies, the portal is user friendly, offers in-depth health resources (i.e., Wellness Workshops, Talk with a Dietitian or Trainer, an extensive Health Library, meal planning, etc.), social connectivity, & more!

Times don’t work for you? Reach out to wellness@uc.edu & we’ll help you get started!

EARN $50 & 10 BE WELL UC POINTS

Find a session held by a Be Well Team Member or Ambassador (*):

- *1/9/18, TDC 411 (Main Campus) 10-11am
- *1/11/18, TDC 411 (Main Campus) 12-1 pm
- *1/17/18, TDC 411 (Main Campus) 2-3 pm
- 1/18/18, University Hall 442 (Medical Campus) 12-1 pm
- 1/22/18, University Hall 442 (Medical Campus) 12-1 pm
- 1/23/18, Langsam 475 (Main Campus) 11:15 am-12:15 pm
- *1/26/18, TDC 411 (Main Campus) 1-2 pm
- *2/2/18, TDC 411 (Main Campus) 11am-12 pm
- *2/12/18, TDC 411 (Main Campus) 2-3 pm

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