February 2018 Programming

We hope you’ll join us for the many opportunities to connect, learn and de-stress this month!

Please visit www.uc.edu/hr/bewelluc/events to learn more about upcoming events.
Register for programs using HR EDGE: https://webapps2.uc.edu/ce/HRTraining/Categories.

On-Demand Webinar: Eat Your Way to Better Health! (presented by Impact Solutions, EAP)
View anytime this month (and previous month topics as well) on the EAP portal at http://bit.ly/2pD0wsZ

Friday, February 2: Learn It Live!
(drop in session to learn about the ALL NEW Be Well UC Portal)
11 a.m.- Noon, Uptown Campus – Teachers-Dyer Complex Room 411

Wednesday, February 7: Blood Pressure Screening
All are welcome! (drop in availability)
11 a.m.- 1 p.m, Medical Campus – University Hall Rooms 445 and 465
11:30 a.m.-1 p.m., Main Campus – University Pavilion Room 320

Thursday, February 8: Health @ Your Desk (presented by Airrosti)
Noon – 1:00 p.m., Clermont Campus – Snyder 143

Monday, February 12: Coloring for Heart Health!
Noon – 12:30 p.m., Medical Campus – University Hall Room 244

Monday, February 12: Learn It Live!
(drop in session to learn about the ALL NEW Be Well UC Portal)
2:00 p.m.-3:00 p.m., Uptown Campus – Teachers-Dyer Complex Room 411

Friday, February 16: Coloring for Heart Health!
Noon – 12:30 p.m., Medical Campus – CARE/Crawley 7870

Thursday, February 22: Invest In Yourself (Quarter 1 Be Well UC Event!)
9 a.m. – 1:00 p.m., Main Campus – Tangeman University Center (TUC) 4th floor

Thursday, February 22: All Movement Matters (presented by Alyfe)
2:30 p.m., register online at http://bit.ly/2EocZp6

Monday, February 26: Foam Roller (presented by Airrosti)
Noon – 1:00 p.m., Blue Ash Campus – Walters 100

Wednesday, February 28: Learn about YMCA Diabetes Education Program launching in March!
Noon – 1:00 p.m., Medical Campus – University Hall Room 360

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