March 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. Registration will utilize HR EDGE (http://bit.ly/2f31BH1) until LMS conversion complete. 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: Workplace Differences:
A Matter of Style
(provided by Impact Solutions)
View anytime this month (and previous month topics as well) on the EAP portal at http://bit.ly/2pD0wsZ

Wednesday, March 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 – TUC 400C

Tuesday, March 13: Health Coaching Informational Session
8-9 a.m., MSB E155

Tuesday, March 13: Generations at Work
(provided by Impact Solutions)
1-2:30 p.m., Langsam 462

Thursday, March 15: Vision Boarding
(with Healthy Eating Focus)
11 a.m. – Noon, Teachers Dyer Complex (TDC) 360M

Monday, March 19: Learn It Live: Portal Demo
2:30-3:30 p.m., UCBA Muntz 351 (bring your own mobile device & earn your first $50!)

Questions?
Please contact wellness@uc.edu
uc.edu/hr/bewelluc
Tuesday, March 20: Are You Catching Enough Zzzz's? 
(webinar provided by Alyfe)  
11:30 a.m., pre-register online at http://bit.ly/2BXBuLx

Tuesday, March 20: Be the Beat Drumming!  
Noon-12:45 p.m., UC Clermont Snyder 142

Wednesday, March 21: Kick Butts Day  
(National Quit Smoking Day)  
Visit www.uc.edu/tobaccofree to learn more!

Thursday, March 22: Health Coaching Info Session  
8-9 a.m., Swift 520

Monday, March 26: Learn It Live: Meal Planning  
Noon-12:30, University Hall 610

Monday, March 26: Coloring (Nutrition Focus)  
2:30-3:30 p.m., UCBA Muntz 351 (supplies to be provided, but you’re welcome to bring your own)

Wednesday, March 28: Learn It Live: Meal Planning  
11:30 a.m.- Noon, Engineering Research Center (ERC) 435

INCENTIVE REMINDER:  
Be sure to login to the Alyfe portal to work toward the $50 Engagement Bonus. You must login 10 out of 12 months to earn this bonus. We recommend setting a recurring meeting in your Outlook to remind you to login, track activities, and earn your incentives.