May 2018 Programming

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

On-Demand Webinar: Painless Estate Planning
(provided by Impact Solutions)
View anytime this month (and previous month topics as well) on the EAP portal at http://bit.ly/2pD0wsZ

Wednesday, May 2: National Get Fit Don’t Sit Day!

Wednesday, May 2:
Learn It Live: Defeat the Seat
11:30 a.m. – Noon, MSB 3057 (Medical Campus)

Thursday, May 3: Visit us at the Campus Services Showcase!
11 a.m.-1:30 p.m., TUC Great Hall (Uptown/Main Campus)

Tuesday, May 8: Learn it Live: Digital Detox
Noon – 12:30 p.m. ERC 435 (Uptown/Main Campus)

May 7–June 4: Grow Gratitude Challenge
Visit the Alyfe portal to register and join us for a month of reflection and thanks (and 40 points)! Login here: http://bit.ly/AlyfeLogin
Wednesday, May 9: Blood Pressure Screening—All are welcome! (drop in availability)
11 a.m.- 1 p.m, Medical Campus – University Hall 455

Thursday, May 17: Learn it Live: Digital Detox
8-8:30 a.m., University Hall 455 (Medical Campus)

Thursday, May 17: Alyfe Webinar:
Stress & the Power of Resiliency
2:00 p.m. Register to join at http://bit.ly/2ss5N97

Friday, May 18: UC Serves!
Join Be Well UC for a day of service. Earn 10 Be Well UC points. Visit uc.edu/UCServes for more.

Monday, May 21:
Learn it Live: Defeat the Seat
12-12:30 p.m., Outside Muntz near the Library and Bleeker Café, Rain location: Library Study Room 1 (Blue Ash Campus)

Thursday, May 24:
Learn it Live: Defeat the Seat
3-3:30 p.m., tables outside McDonough & Snyder near parking lot, Rain location: Snyder 143 (Clermont Campus)

Wednesday, May 30:
Learn it Live: Boosting Metabolism
8-8:30 a.m., University Pavilion 220A (Uptown/Main Campus)

Additional Program Options from Tobacco Free UC:
Wednesday, May 16 & 23: Express FreshStart
4-5 p.m., Snyder 143 (Clermont Campus)