NEW in 2018: quarterly themes!

Each quarter will feature a challenge and an event to reinforce the importance of wellness every day.

**Quarter 1: Get Connected**

During this quarter, we encourage you to get connected to the portal and new resources while also getting connected to your own health and wellness goals. Strive to find time in each day to work on wellness.

- New portal launches 1/1.
- Welcome emails sent 1/8.
- Event: Inve$t In Your$elf, 2/22
  - 9am-1pm at TUC (Main Campus).
- Challenge: Financially Fit (2/26-3/26)
  - Registration opens 2/12.

**Quarter 2: Dare to Care**

Find new opportunities to improve how you care for yourself, especially when you are also charged with caring for others. “Fill your cup” and learn new ways to express and experience gratitude and happiness.

- Event: Live Happy and Be Well, TBD (week of 6/25).

“Be a Rainbow in someone else’s cloud.” Maya Angelou

**Quarter 3: Inspire & Empower**

This quarter, we hope each employee finds what inspires him or her and feels empowered to choose healthy habits daily. As we each make wellness a priority in our lives, we become an example that others around us can strive to be.

- Challenge: Habits for Health (7/30-8/27).
  - Registration opens 7/16.
- Event: Be the Change, TBD (week of 9/17).

“Being a good example teaches others to be good.” Aesop

**Quarter 4: Disconnect to Reconnect**

Connection is good for our health and creates gains professionally and personally, yet can be challenging with the growing dependency on technology. Learn how to build stronger bonds and how to limit the wreck caused by tech.

- Challenge: You can Choose Your Own Challenge – anytime! Find more information and details at www.uc.edu/hr/bewelluc/challenges/cyoc.
- Event: Benefits & Wellness Fair, TBD.

Visit the Be Well UC website to learn more about the program, live events on campus and to view spotlight resources and information: www.uc.edu/hr/bewelluc.

Please contact the Be Well UC team with any questions: wellness@uc.edu.