### Invest In Yourself

**Thursday, February 22 Schedule of Events**

<table>
<thead>
<tr>
<th>Time</th>
<th>TUC Lobby</th>
<th>TUC 400A</th>
<th>TUC 400B</th>
<th>TUC 400C</th>
<th>TUC 413</th>
<th>TUC 417</th>
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<tbody>
<tr>
<td>9am-10am</td>
<td>Registration &amp; Snacks (compliments of UC Food &amp; Dining)</td>
<td>Be Well UC &amp; YMCA Health Coach Info Areas Are Open!</td>
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<td>TUC 413</td>
<td>TUC 417</td>
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<td>10:00-10:15am</td>
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<td>10:00-10:30am Handling Credit &amp; Debt Wisely</td>
<td>10:00-10:45am Fundamentals of Retirement Income Planning</td>
<td>10:00-10:45am How Wellness Works for Me as a UC Employee</td>
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<td>10:15-10:30am</td>
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<td>10:30-11:00am Get Excited about Tracking Your Fitness!!</td>
<td>10:45-11:15am How to Get the Most Out of Your Auto and Home Insurance</td>
<td>10:45-11:30am Balancing Work and Caregiving: Effective Management of the Sandwich Generation</td>
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<td>10:30-10:45am</td>
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<td>11-11:30am UC Campus Rec: Sweat and $ave</td>
<td>11:15am-12pm Healthy Numbers - Integrating Healthcare Into Your Retirement Plan</td>
<td>11:30am-12pm Save, Budget and Plan for Trips</td>
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<tr>
<td>11:00-11:15am</td>
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<td>11:30am-12pm Mitigate Your Risks: Boost Your Metabolism with Movement!</td>
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<td>11:15-11:30am</td>
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<td>12pm-1pm</td>
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**EVENT HIGHLIGHTS**

- Be sure to register in the Great Hall lobby to be entered to win prizes.
- Stop by TUC 417 to learn more about Be Well UC and to earn your “First $50”!
- If you are interested in learning about the Pilot Diabetes Prevention Program, be sure to visit TUC 413 to meet the YMCA Health Coach and learn about your eligibility!
Session Information

Please note – session lengths vary and are either 30 or 45 minutes in length.

Handling Credit & Debt Wisely
Apprisen: Caitlin Bodzenski
Learn the basics about managing credit, the good versus bad credit, and what to do if facing a serious financial problem. We will discuss how to utilize credit as a tool for reaching your financial goals and how to manage debt in order to build your credit rating. You’ll understand how different products work, the interest rates related to each and how to create a “Power Payment System” for paying down debt.

Fundamentals of Retirement Income Planning
Fidelity Investments: Jeff Clothier
Learn when you’ll know you are ready to retire by understanding what retirement may look like, what your risks are and how to create a plan so you are as prepared as you can be.

How Wellness Works for Me as a UC Employee
Joe Harrell, Associate Vice President, Facilities Management & Tracey Hawkins, MBA, CPA, Professor (Accounting), UC Clermont
Two UC employees will share how they have experienced benefits from fitting wellness into workday.

Get Excited About Tracking Your Fitness!
Tricia Yee, Coordinator of Special Projects and Programs University Honors Program & Carole Donnellon, ACE Certified Group Fitness Instructor, ACE Certified Health Coach
Learn about fitness trackers and how they can help you to continue to work toward your goals from two of the Be Well UC Wellness Ambassadors.

How to get the Most Out of Your Auto and Home Insurance
Liberty Mutual: Mike Hisle and Chuck Petretti
Sort out the differences between core and additional, optional coverage to make the best decisions.

Balancing Work and Caregiving: Effective Management of the Sandwich Generation
Impact Solutions: Kelsey Loshin
Increasing numbers of individuals are faced with caregiving for a family member or loved one while managing work and family responsibilities. Participants will learn strategies for managing stress as well as balancing work, caregiving and other life responsibilities, with resources to be shared about services, programs and products they can implement.

UC Campus Rec: Sweat and Save
Campus Recreation: Emily Piercey, Emilie Fleming, Vosler Taylor, Kathryn Amann
Learn about the Rec Rewards program and how you can utilize the many great services at our award winning Campus Rec.

Healthy Numbers – Integrating Healthcare Into Your Retirement Plan
TIAA: Matt Malafa
Learn the key ideas, trends and numbers you need to be prepared for your retirement.

Save, Budget and Plan for Trips
UC Travel Services: Ericka Reaves, Travel Manager
This session will share tips like booking yourself vs. with an agent, discounts available to you and share many other resources to help you go on the trip you’ve been putting off!

Mitigate Your Risk: Boost Your Metabolism with Movement!
Be Well UC Team: Ashley Varol, PhD and Ashley Martin, MS
Identify ways to incorporate daily movement into your routine to offset the many health issues related to a sedentary lifestyle, including interactive activities.