## 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>
</tr>
</thead>
<tbody>
<tr>
<td>9am-10am</td>
<td>Registration &amp; Snacks (compliments of UC Food &amp; Dining) Please be sure to stop by and swipe in for a chance to win prizes and to get your info from Be Well UC.</td>
<td>Be Well UC &amp; YMCA Health Coach Info Areas Are Open!</td>
<td>10:00-10:30am Handling Credit &amp; Debt Wisely</td>
<td>10am-10:45am Fundamentals of Retirement Income Planning</td>
<td>10am-10:45am How Wellness Works for Me as a UC Employee</td>
<td></td>
</tr>
<tr>
<td>10:00-10:15am</td>
<td>10:00-10:30am</td>
<td>10am-10:45am</td>
<td>10am-10:45am</td>
<td>10:45-11:00am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:15-10:30am</td>
<td>10:30-11:00am Get Excited about Tracking Your Fitness!</td>
<td>10:45-11:15am</td>
<td>10:45-11:15am</td>
<td>10:45-11:15am</td>
<td>11:00-11:15am</td>
<td></td>
</tr>
<tr>
<td>10:30-10:45am</td>
<td>11-11:30am UC Campus Rec: Sweat and $ave</td>
<td>10:45-11:15am</td>
<td>10:45-11:15am</td>
<td>10:45-11:15am</td>
<td>11:15-11:30am</td>
<td></td>
</tr>
<tr>
<td>10:45-11:00am</td>
<td>11:15-12:00pm</td>
<td>11:15-12:00pm</td>
<td>11:15-12:00pm</td>
<td>11:15-12:00pm</td>
<td>12pm-1pm</td>
<td></td>
</tr>
<tr>
<td>11:00-11:15am</td>
<td>11:30am-12pm Mitigate Your Risks: Boost Your Metabolism with Movement!</td>
<td>11:30am-12pm</td>
<td>11:30am-12pm</td>
<td>11:30am-12pm</td>
<td>11:30am-12pm</td>
<td></td>
</tr>
<tr>
<td>11:15-11:30am</td>
<td>11:30am-12pm</td>
<td>11:30am-12pm</td>
<td>11:30am-12pm</td>
<td>11:30am-12pm</td>
<td>11:30am-12pm</td>
<td></td>
</tr>
<tr>
<td>11:30-11:45am</td>
<td>11:30am-12pm</td>
<td>11:30am-12pm</td>
<td>11:30am-12pm</td>
<td>11:30am-12pm</td>
<td>11:30am-12pm</td>
<td></td>
</tr>
<tr>
<td>12pm-1pm</td>
<td>12pm-1pm</td>
<td>12pm-1pm</td>
<td>12pm-1pm</td>
<td>12pm-1pm</td>
<td>12pm-1pm</td>
<td></td>
</tr>
</tbody>
</table>

### 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

Hear how credit is an important tool for reaching financial goals, how to manage debt, about loans and their ins and outs, and 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: Clara Knarr

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

Details coming soon!

UC Campus Rec: Sweat and $ave

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.