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</td>
<td>Be Well UC &amp; YMCA Health Coach Info Areas Are Open!</td>
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<td>10:00-10:15 a.m.</td>
<td>10:00-10:30am</td>
<td>Managing 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>
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<td>10:15-10:30 a.m.</td>
<td>10:30-11:00am</td>
<td></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>10:30-10:45 a.m.</td>
<td>11-11:30am</td>
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<td>10:45-11:00 a.m.</td>
<td>11:15am-12pm</td>
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<td>11:00-11:15 a.m.</td>
<td>11:30am-12pm</td>
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<td>11:15-11:30 a.m.</td>
<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.

Managing Credit & Debt Wisely

Apprisen: TBD
Details coming soon!

Fundamentals of Retirement Income Planning

Fidelity Investments: Mike Fisher
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.