Work Well: Invite Be Well UC to YOUR Office ANYTIME!

Wellness should be an everyday consideration. Try weaving wellness into a recurring meeting, a group get together or just as a “pop-up” offering with your colleagues. Be Well UC can help, as our credentialed, certified Health Educators can provide programming on a variety of topics.

Sessions can be tailored to your group. The Be Well UC Team has presented in 5 minute slots on busy agendas or led 90+ minute programs. Let us know how we can best suit your team’s needs.

Choose 1 or Create a Series

Clean for Calm *new*
Tips & Tricks to Take On Winter *new*
Healthy Eating on the Go *new*
Mindful Parents, Mindful Kids – Part 1 & 2 *new*
Being Present *new*
Plan to be Productive *new*
Memory Boost *new*
Ease Off the GAS *new*
Finding the Time
Digital Detox
Healthy Zzzz’s
Can’t Pour from an Empty Cup
Work Well for Productivity
Transitioning to a Sit to Stand Workstation
Breathing for the Brain
Going from to Do to Done
Minute to Win It & Defeat the Seat
Power of Habit
Growing Gratitude
Grown Up Recess

Fun Fact: In 2018, the Be Well UC team had 6,262 interactions at 263 meetings, trainings and orientations with faculty and staff at each of our campuses. We hope you’ll reach out as we look forward to working with your group this year.

To schedule your team’s session, send an email to wellness@uc.edu with:
- Date(s) available
- Length of time
- Topics of interest
- Group size
- Proposed space

Have a topic in mind not listed? We’d be happy to put something together.

Questions? Please contact wellness@uc.edu

uc.edu/hr/bewelluc