April 2020 Offerings

Quick Tips:
• Visit [http://bit.ly/BWUCEvents](http://bit.ly/BWUCEvents) to learn more about upcoming events and check for updates. **ALL SESSIONS WILL BE ONLINE UNTIL FURTHER NOTICE.**
• All activities can be self-reported and logged in the Alyfe portal at [http://bit.ly/alyfe](http://bit.ly/alyfe) other than Be Well UC and Benefits quarterly events and Health Coaching sessions.

**Impact Solutions (UC’s EAP) Webinar:**
**Birth Order: Behavioral Traits That Affect Your Life and Work**

**Well-being Wednesdays Launching This Month**
April 1, 8, 15, 22, & 29
Every Wednesday Healthy UC will offer resources for students, faculty and staff to engage in their well-being.
Details and offerings available at [www.uc.edu/health/healthyuc](http://www.uc.edu/health/healthyuc)!

Thursday, April 2, 9, 16, & 23:
**Yoga As You Are**
12:30-12:50 p.m. Sessions will be held virtually at [https://bit.ly/virtual-yoga-as-you-are](https://bit.ly/virtual-yoga-as-you-are). All are welcome!

Monday, April 6, 13, & 20
**Mindful Movement**
3-3:30 p.m. Meditation sessions will be held virtually at [bit.ly/mindful-movement-monday](https://bit.ly/mindful-movement-monday).

**Wellness Drop In Sessions**
Drop by to ask any questions about Be Well UC, the portal, logging points, & more.

**All dates will also be online via WebEx.**
April 9 9:30-10:30 a.m.
April 22 8:15-9:15 a.m.

**Tuesday, April 14: Learn It Live: Cast Your Connection Reel**
11:30 a.m.- 12 p.m. Online via WebEx

**Thursday, April 23: Learn It Live: Ease Off The GAS**
3-3:30 p.m. Online via WebEx
Thursday, April 16: Connect & Reflect: The Surprising Habits of Original Thinkers
12-1 p.m. Online using Microsoft Teams
Hosted by The Staff Success Center

Wednesday, April 29: Connect & Reflect: Finding Social Unity with Ourselves and Others.
12:15-1p.m. Online via WebEx
Hosted by The Be Well UC team

Free Webinar: Better in 30
Every Wednesday & Friday at 12:30 p.m.
30-minute webinars, bit.ly/3dvgt0G, where you can learn tips, vital skills, and strategies to help your family cope with the new challenges, and thrive while working and learning at home during these difficult times. Tune in this week!

Be Well UC Incentive Payouts
First & Fast $50 earned in Quarter 1 will be paid on the April 28 (biweekly) and April 31 (monthly) paychecks.

Have questions about Be Well UC, how to log points, or something else?
Reach out to the Be Well UC team at wellness@uc.edu for help!