February 2020 Offerings

Quick Tips:
- 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:
Understanding Forgiveness

Alyfe Portal Challenge: Save Up
February 3- March 20
This 5-week challenge is the first challenge of 2020! Each week will guide you through an important part of financial wellness, including topics like budgeting, spending, living within your means, investing and retirement. All tracking will be done in the Alyfe portal. Those who are eligible will earn 25 Be Well points. **You must register between Feb. 3-14 to complete the challenge by March 20!**

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.**
- Feb. 4 12-1 p.m. MSB 6559 (Medical Campus)
- Feb. 12 8:15-9:15 a.m. Univ. Hall 465 (Medical Campus)
- Feb. 18 3-4 p.m. TUC 407 (Main Campus)
- Feb. 26 12-1 p.m. Univ. Hall 465 (Medical Campus)

Wednesday, February 5: Blood Pressure Screenings (drop in!)
11 a.m. - 1 p.m. Univ. Hall 465 (Medical Campus). All are welcome!
Wednesday, February 19:
YMCA Diabetes Prevention Program (DPP) Cohort Launches
The DPP is a 12-month program to help adults at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles.
**Must enroll by Feb. 12!**

Thursday, February 6, 13, 20 & 27:
**Yoga As You Are**
12:30-12:50 p.m. Langsam Library
(behind the Triceratops statue)
All are welcome!

Thursday, February 20: 4th Annual Invest in Yourself
9 a.m. – 1 p.m. Tangeman University Center (West/Main Campus)
- 45-minute sessions where you will learn ways to Invest in Yourself; including topics like: Travel Hacks on a Budget, Retirement Plan Changes Overview, and Home Renovations on a Budget.
- Earn 25 Be Well UC points ($25 value!)
- Donate goods to the Bearcat Pantry

Thursday, February 27: Connect & Reflect: Top Ways to Invest in Yourself
12:15-1 p.m. Health Sciences Building G55 (Medical Campus) and online via WebEx

Earn More & Celebrate the Portal Improvements- Monthly Raffle
To celebrate, Be Well UC will be having a monthly raffle between January- March!

**How to enter:** Simple create an Alyfe account and log in! Three random winners will be announced and notified each month.

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!