March 2020 Offerings

Quick Tips:
  **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) besides the Be Well UC and Benefits quarterly events and Health Coaching sessions.

Impact Solutions (UC’s EAP) Webinar:
**How to Have a Professional and Respectful Workplace**

Tech Neck with Airrosti
Educational workshop that provides prevention and exercise strategies for the most common conditions caused by use of modern-day technology.

**All dates will be online via Zoom**
- March 17 12-1 p.m.
- March 26 12:15-1:15 p.m.

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

**All dates will be online via WebEx.**
- March 18 12-1 p.m.
- March 25 8:15-9:15 a.m.
- March 30 3-4 p.m.

Tuesday, March 24: Learn It Live: Can’t Pour From an Empty Cup
11:30 a.m. – 12:30 p.m. Online via WebEx

Wednesday, March 25: Connect and Reflect: Mindful Meal Planning
12:15-1 p.m. Online via WebEx

Log in and Earn More - 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 each month.

Questions?
Please contact wellness@uc.edu
uc.edu/hr/bewelluc
Last Chance to Earn Your First $50 in Quarter 1
Log at least 50 points by March 31 and see payout on your April paycheck!

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!