March 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) 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.
- **March 3** 12-1 p.m. TUC 415 (Main Campus)
- **March 11** 12-1 p.m. Student Services Building 230 (UC Clermont)
- **March 17** 12-1 p.m. MSB 3352 (Medical Campus)
- **March 26** 12:15-1:15 p.m. Walters 100 (UC Blue Ash)

**Tuesday, March 3, 10, 17, 24, and 31:**
*Walking Group*
2-3 p.m. Baldwin Hall in the 6th floor lobby
Explore Main/Uptown Campus with other UC faculty and staff! Walking routes may vary.

**Blood Pressure Screenings (drop in!)**
All are welcome!
- **March 4** 11:30 a.m. - 1:30 p.m. Procter Hall 3rd Floor Atrium (Medical Campus)
- **March 11** 11 a.m. - 1 p.m. Univ. Hall 465 (Medical Campus)

Questions?
Please contact wellness@uc.edu
u.edu/hr/bewelluc

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

**All dates will also be online via WebEx.**

March 5 8:15-9:15 a.m. Univ. Hall 465 (Medical Campus)
March 10 12-1 p.m. Faculty Enrichment Center 540B (Main Campus)
March 18 12-1 p.m. Univ. Hall 445 (Medical Campus)
March 25 8:15-9:15 a.m. Univ. Hall 465 (Medical Campus)
March 30 3-4 p.m. Teachers 400B (Main Campus)

Thursday, March 5, 12, 19, and 26:
Yoga As You Are
12:30-12:50 p.m. Langsam Library
(behind the Triceratops statue)
All are welcome!

Tuesday, March 24: Learn It Live: Can’t Pour From an Empty Cup
11:30 a.m. – 12:30 p.m. Faculty Enrichment Center 540GF

Wednesday, March 25:
Connect and Reflect: Mindful Meal Planning
12:15-1 p.m. TUC 415 (Main Campus) and 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.

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!