May 2020 Offerings

Quick Tips:

**Impact Solutions (UC’s EAP) Webinar:**
*Identity Theft: What Can You Do About It?*

Celebrate Tobacco Free UC 3rd Anniversary: Friday, May 1

**Going the Social Distance Step Challenge**
*All Month Long*
UC Blue Ash and UC Clermont are hosting a steps challenge to help continue to raise funds for the Clermont Bearcat Food Pantry and Saul's Stay in School Fund. For more information or to register for Step Challenge visit [https://foundation.uc.edu/GoingtheSocialDistance](https://foundation.uc.edu/GoingtheSocialDistance) or [https://foundation.uc.edu/UCBAStepsChallenge](https://foundation.uc.edu/UCBAStepsChallenge).

**Well-Being Wednesdays**
*May 6, 13, 20, & 27*
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)!  

Monday, May 4, 11, & 18
**Mindful Movement**

**Wellness Drop In Sessions**
Drop by to ask any questions about Be Well UC, the portal, logging points, & more. **All dates will be online via WebEx.**
**May 5 8:15-9:15 a.m.**
**May 21 12-1 p.m.**

Questions? Please contact [wellness@uc.edu](mailto:wellness@uc.edu)  
[uc.edu/hr/bewelluc](http://uc.edu/hr/bewelluc)
Wednesday, May 6: Learn it Live: Five Good Minutes
3:30-4 p.m. Online via WebEx

Thursday, May 7, 14, 21, & 28:
Yoga As You Are
12:30-12:50 p.m. Sessions will be held virtually at https://bit.ly/virtual-yoga-as-you-are. All are welcome!

Tuesday, May 12: Can’t Pour from an Empty Cup
12-1 p.m. Online via WebEx

Tuesday, May 19: Learn It Live: Sleep Hygiene
11:30 a.m.-12 p.m. Online via WebEx

Thursday, May 21: Connect & Reflect: Amazing Teams at Work: How to be a Great Team Player
12-1 p.m. Online via Microsoft Teams
Hosted by The Staff Success Center

Tuesday, May 27: Connect & Reflect: The Importance of Human Connection
12:15-1 p.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!

Alyfe Portal Challenge: Amazing America
June 8 - July 24
This 6-week challenge is the second challenge of 2020! In this challenge, you will be exploring some of the splendor the beautiful US has to offer on a virtual tour. The goal is to reach 200,000 steps. All tracking will be done in the Alyfe portal. Those who are eligible will earn 25 Be Well points. You must register between Jun. 8-19 to complete the challenge by July 24!

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