Learn It Live:

*Interactive Wellness Sessions*

**What is Learn it Live all about?**

Sessions are designed to be small group, interactive, coaching-like format on a variety of topics to help make wellness feel “bite-sized.” Each session will have a focus, but rather than being talked to, you’ll be talking with the facilitator and dynamically with your colleagues. A hands-on activity to help you leave with a strategy or an approach to help you feel capable to make change one decision at a time.

**What to expect**

**You will not:**
- Share any personal information you don’t wish to share
- Feel like you have a ton of homework to do afterward
- Leave overwhelmed without a clue where to start

**You will:**
- Speak with a certified Health Coach throughout the session
- Ask and have answered your questions related to the topic, as well as about Be Well UC
- Engage with colleagues who may have similar interests as you
- Leave with a plan of action to follow to make healthy lifestyle choices

**Topics/Themes**

Meal Planning, Healthy Sleep Habits, Boosting Your Metabolism, Growing Gratitude and Mindful Eating are topics already prepared – with more to come! Visit the Be Well UC page for registration information. If any on the schedule do not fit your availability, contact the Be Well UC Team to schedule the same content as a Work Well session ([http://www.uc.edu/hr/bewelluc/workwell.html](http://www.uc.edu/hr/bewelluc/workwell.html)).

Learn about individual sessions on the Be Well UC Events Page:

[http://www.uc.edu/hr/bewelluc/events.html](http://www.uc.edu/hr/bewelluc/events.html)

Learn more about 1:1 Health Coaching at:

[http://www.uc.edu/hr/bewelluc/healthcoaching.html](http://www.uc.edu/hr/bewelluc/healthcoaching.html)

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