UPCOMING WEBINARS

Jan. 31, 2018 @11:00 am
The Power of Habits: Why We Do What We Do
Willpower is used to temporarily change our habits without ever really achieving true transformation. Discover the power of habits and understand why we do what we do, and how to make lasting lifestyle changes.
Available at: [http://bit.ly/2tQm4TA](http://bit.ly/2tQm4TA)

March 20, 2018 @11:30 am
Are You Catching Enough Zzzz’s?
Learn how to improve your sleep and be more energetic and productive during your waking hours. Great sleep is not only in your dreams, but can be a reality!

May 17, 2018 @2:00 pm
Stress and the Power of Resiliency
Stress doesn’t have to hijack your mind, make you feel powerless, and impact all aspects of your life. Explore ways to prevent and adapt to stress effectively, be mindful, become more resilient, and bounce forward.

Feb. 22, 2018 @2:30 pm
All Movement Matters
Regular physical activity is one of the best habits you can include during your day. Learn to incorporate movement throughout the day to promote higher energy levels, increased productivity, and more!

April 18, 2018 @11:00 am
Intuitive Eating: A Non-Diet Approach to Eating
What if you could slow down, learn to listen to your body, and assess the habits and behaviors that drive your food choices - all without relying on a diet to tell you what to eat!

June 19, 2018 @11:30 am
Master Your Mission: Creating a Personal Mission
What gives your life purpose and meaning? We will guide you through the steps of creating a personal mission statement, which will send you on the path to master your mission.

Questions? Please contact wellness@uc.edu
[uc.edu/hr/bewelluc](http://uc.edu/hr/bewelluc)
UPCOMING WEBINARS

July 19, 2018 @11:00 am
Food Fight: Eat This, Not That
Eating out doesn’t have to mean “bad for you.” Learn how to make healthier, more informed choices when dining out at your favorite restaurant.
Available at: http://bit.ly/2MR4p92

Sept. 20, 2018 @12:00 pm
What’s the Deal with Grains?
In this webinar, we will view some of the hottest debated topics on carbohydrates, so we can set the record straight and show you why whole grains are recommended as part of a balanced diet.
Available at: http://bit.ly/2yqBqAD

Nov. 15, 2018 @2:00 pm
A Mindful Approach to Living
Explore how powerful our thoughts are and how they can influence many aspects of our lives! Modern science is finally revealing just how powerful the mind-body connection is.

Aug. 22, 2018 @2:30 pm
Emotional Intelligence: Is EQ the New IQ?
Think IQ is the sole source of success? We are now learning that one’s EQ, emotional intelligence, is a critical element that sets star performers apart from others.
Available at: http://bit.ly/2PyyS95

Oct. 24, 2018 @11:00 am
Meal Plan and Prep – Made Easy!
Discover quick and easy ways to throw together simple, tasty, and affordable meals with just a little bit of prep time upfront.

Dec. 18, 2018 @11:30 am
The Power of Positive Thinking
Join us to learn about the concept of positive thinking and how it is influenced by attitude and gratitude along with positive psychology, which helps us to lead healthy, happy lives.
Register at: http://bit.ly/2EEt7VT

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