FACULTY, STAFF & STUDENTS:

Help us find 200 People Who Are #HealthyUC

We want to show our community how we make a life of well-being happen here at UC every day. We know that a life of well-being doesn’t happen overnight and it doesn’t happen solo. Help us find examples and learn the stories of people who prioritize well-being, leading by example, making healthy choices every day.

Who do you know that should be recognized as #HealthyUC?

They lead by example.
They encourage their colleagues to make great choices.
They exude positivity, gratitude and are engaging to work with.
They are able to handle the tough stuff and move on.
They lift others up along the way.
They motivate without judgement.
They promote collaboration and camaraderie.
They don’t sweat the small stuff.
They make lemonade out of lemons, and then pass the pitcher.
They’ve made personal improvements that have inspired your own positive change.

Nominate a faculty member, a colleague, an administrator, a classmate, a coach or a friend.

With your nomination, and with their permission, they’ll be featured on several websites, on social media, through UC News, and their image will be added to a large photo mosaic for all to see.

3 randomly drawn individuals (one each: faculty, staff, student) will earn a prize!

Submit your nomination here:
https://www.surveymonkey.com/r/200HealthyUC

Nominations due by March 15th

Activity sponsored by Be Well UC, Campus Recreation, Counseling and Psychological Services (CAPS), Health Promotion & Education (College of Education, Criminal Justice and Human Services), Human Resources (Benefits), Student Wellness Center, and University Health Services.

Questions?
Please contact wellness@uc.edu