Learn It Live Interactive Sessions

What is Learn it Live all about?
Small group, interactive, coaching-like format on a variety of topics to help make wellness feel “bite-sized.”
Using the theme, you’ll be talking with the facilitator and dynamically with your colleagues. 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 health educator 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 include:

Breathing for the Brain  Supermarket Savvy  Being Present
Age is But a Number  Memory Boost  Plan to be Productive
Kick a Habit  Clean for Calm  What’s In Your Tree?
Digital Detox  Nutrition on the Go  Move As You Are
Tips to Take On Winter  Mindful Parents  Five Good Minutes
Ease off the GAS  SOS: Signs of Stress  What’s Your Chronotype?

Visit the Be Well UC page for registration information or contact the Be Well UC Team to schedule the same content as a Work Well session (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

Learn more about 1:1 Health Coaching at:
http://www.uc.edu/hr/bewelluc/healthcoaching.html

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