Wellness Webinars: Jan-Mar 2019

Take advantage of a variety of topics presented monthly by our portal vendor, Alyfe Wellbeing Strategies.

**January 2019**
- Change Your Life: One Small Habit at a Time
- Thursday, January 31 at 11 a.m.

**February 2019**
- I Like to Move it, Move it: Change the Way you Think About Exercise
- Tuesday, February 26 at 1 p.m.

**March 2019**
- The Happiness Mindset: Choose Joy
- Wednesday, March 27 at 2 p.m.

To join the webinar, register using the accompanying link.

Webinars can be logged as 10 Pop-Up points on the Alyfe portal.

Visit [http://bit.ly/Alyfe](http://bit.ly/Alyfe) and click on the Monthly Offerings page for additional programming each month or choose Track My Activities to log your participation.

Be Well UC

Questions?

Please contact wellness@uc.edu

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