March 2019 Programming

Quick Tips:
- Visit bit.ly/BWUCEvents to learn more about upcoming events & check for updates.
- Live sessions will be reported for you. Webinars/BP screens can be logged as a pop up event.
- Each item below is worth 10 points,
- Sign up at bit.ly/HR-EDGE unless noted below!

Impact Solutions (UC’s EAP) Webinar: Resilience in Times of Change
View anytime (and previous month topics as well) on the EAP portal at bit.ly/ImpactEAP.

Wednesday, March 6: Blood Pressure Screenings (drop in!)
11 a.m. - 1 p.m. University Hall 454 (Medical Campus) and Teachers 540 (Main Campus).
All are welcome!

Thursday, March 7, 14, 21, & 28: Yoga As You Are
YOGA
12:30–12:50 p.m. – Langsam Library (behind the Triceratops statue).
All are welcome every Thursday!

Portal Pros: Get Paid to Be Well (drop in!)
Be the first to see the streamlined portal, ask questions about Be Well UC, cash incentives, and more!
Sessions online/phone via WebEx or University Hall (Medical Campus):
  - Tuesday, March 12 3-4 p.m. UHall 444
  - Tuesday, March 19 noon-1 p.m. UHall 442

Friday, March 15: 200 People Are #HealthyUC Nominations Due!
Submit a faculty or staff member or student who prioritizes well-being at uc.edu/hr/bewelluc/200HealthyUC.

** NEW!!** Tuesday, March 26 & Thursday, March 28:
Connect & Reflect: Working Toward Happiness & Resiliency
Tuesday, March 26 Noon-1 p.m. TUC 413 (West Campus)
Thursday, March 28 3-4 p.m. Procter Hall 432 (Medical Campus)

March 12, 14, 26, & 27: Kick Butts Day Events
Details at bit.ly/TFUCEvents! Join in on the Campus Clean Up on the 12th, and educational sessions like Learn It Live: Kick a Habit and What’s the Hype with Vaping and JUULing. All are welcome!

Wednesday, March 27: Alyfe Webinar: The Happiness Mindset: Choose Joy
2-3 p.m., Register at bit.ly/2SwoaCo.

Be Well UC