



UC Hastings Employee Wellness Program - Become a Healthier YOU!

*****Win Up to \$100 in Cash Plus Prizes!!!*****

Goal: Take advantage of some **FREE** wellness opportunities on campus to help you become a healthier YOU!

How do I win? Obtain 150 Points by doing a combination of the following activities:

Kick Off Event February 19th from 9-12 in the ARC: 25 Points

- ❖ Free Cholesterol Screening & Blood Pressure Check
- ❖ Pick up a snack pack & gift bag
- ❖ Coffee & Bagels Provided for Breakfast
- ❖ Attendance gets you 25 points AND entry into the raffle of the day

Walking Group: 25 Points (Beginning March 18th for 6 weeks)

- ❖ Tuesdays & Thursdays at noon
- ❖ Meet on the Beach and be sure to check in with HR to get your points
- ❖ Take a 30 minute stroll around the Civic Center

Meditation Group 25 Points (Beginning March 18th for 6 weeks)

- ❖ Wednesdays at 12:15pm in Room K (3rd Floor, 198 Building)
- ❖ Be sure to check in with Mike Stonebreaker to get your points

Wellness Workshops 50 Points

Drinks & Dessert will be provided PLUS there will be a raffle at the end of each workshop!

- ❖ Managing Stress Plus Relaxation Techniques (March 26th, 12-1pm, 198 Building, Room 304)
- ❖ Managing Personal Finances (April 30th, 12-1pm, 198 Building, Room 304)
- ❖ Humor for the Health of It (Date, Time, Location)
- ❖ Creating your Personalized Retirement Roadmap (Date, Time, Location)

*****There will be a GRAND PRIZE awarded to the participant with the most points!*****

