



UC Hastings Employee Wellness Program

****Earn 150 Points to earn a \$25 gift card****

Plus the Participant with most points at the end of the program (August 2014) will win a Fit Bit!

How do I earn points? Attend a combination of the following events:

- ❖ **Kick Off Event, February 19th, 9-12pm in the ARC: 25 Points**
- ❖ **Walking Group on Tuesday/Thursdays Beginning March 18th – April 24th at noon on the Beach: 25 Points for each time you attend**
- ❖ **Meditation Group on Wednesdays at 12:15pm in Room K: 25 points for each time you attend**
- ❖ **Wellness Workshop on Managing Stress Plus Relaxation Techniques
(March 26th, 12-1pm, 198 Building, Room 304): 50 Points**
- ❖ **Wellness Workshop on Managing Personal Finances
(April 30th, 12-1pm, 198 Building, Room 304): 50 Points**
- ❖ **Wellness Workshop on Humor for the Health of It (Date, Time, Location): 50 Points**
- ❖ **Wellness Workshop on Creating Your Personalized Retirement Roadmap
(Date, Time, Location): 50 Points**