

Well at work – on the web!

Can you enhance your health while at work? The answer is yes! Campus Wellbeing Services is piloting a series of five web-learning sessions. Participants will discover practical ways to improve their wellness at work, and will learn about helpful campus resources. Continue reading to learn more.

What is it? Well at Work – on the web! consists of five monthly web-learning sessions. The convenient web-learning format is designed to make it easy to attend. Each session focus on a different workplace health topic.

- January: Small Steps to Wellness
- February: Time Management
- March: Work-Life Balance
- April: Getting a Good Night's Rest
- May: Staying Fit in a Frantic World

When, where, and how: Sessions will be held monthly on Tuesdays starting January 30 from noon to 1 p.m. The convenient web-learning format makes it easy to attend. For more details and to register:

<http://go.illinois.edu/WellatWorkontheWeb>