NEW YEAR • NEW YOU

WELL-BEING WORKSHOP SERIES

LET US HELP YOU REACH YOUR NEW YEAR’S RESOLUTIONS

New Year. New You. UGA Well-Being is committed to helping you achieve your health-related goals this year. We have workshop offerings ranging from how to get enough sleep to how to eat out and still stay healthy. We are also offering a weight management program called “Walk A Weigh” that combines research-backed strategies for losing weight with support group dynamics. To see a complete description of the workshops and to register, go to www.hr.uga.edu/training.

Check out all the well-being activities and programs at:

- UGA Wellbeing on Facebook
- www.hr.uga.edu/employees/training/work-life-balance

Questions? Contact us at wellbeing@uga.edu or 542-7319