Well-Being @ Work

We are offering many classes to encourage you to be your best self!!

UGA Well-Being, in partnership with USG Well-Being, wants to help YOU meet your personal health and wellbeing goals by providing tools and strategies for feeling better at work, combating day-to-day stress, and staying physically active. This series of workshops will help you discover ways to incorporate Well-Being into your workday. After all, we spend a lot of time working- it's important for that time to be full-filling, energizing, and enjoyable.

Workshops include topics like: how to add more movement to your day, how to manage stress better through a daily practice of mindful meditation; packing a healthy lunch and snacks; how to increase your ability to bounce back from setbacks; and how you can participate in the USG Well-Being Initiative and earn up to $100 in Well-Being credit.

Register for the workshops through the Training & Development website hr.uga.edu/employees/training/. Search for the workshops under the topic "Well-Being". Check out these and other new events at:

***UGA Well-Being on Facebook***
***www.hr.uga.edu/employees/training/work-life-balance***
***Questions? Contact us at wellbeing@uga.edu or 542-7319***